

DATA TABLES:

Results from USDA's
1995 Continuing Survey of Food Intakes by Individuals
and
1995 Diet and Health Knowledge Survey

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Results from the second year of USDA's 10th food consumption survey are contained in this set of tables. Over 5,500 people nationwide participated in the Continuing Survey of Food Intakes by Individuals, popularly known as the *What We Eat in America Survey*. Participants recalled food intake information for 2 separate days. In addition, almost 2,000 of them answered questions on their attitudes and knowledge about dietary guidance and health.

The tables provide national probability estimates for the U.S. population. The results are weighted to adjust for differential rates of selection and nonresponse and to calibrate the sample to match population characteristics that are correlated with eating behavior.

Sample sizes on which estimates are based are in appendix A. In general, the sample sizes for each sex-age group provide a sufficient level of precision to ensure statistical reliability of the estimates. The one exception is the sample size for children less than one year of age. Estimates for that group should be used with caution. Statistical issues are discussed in appendix B. Notes to aid in interpretation of the tables are provided in appendixes C and D.

Tables that present data on mean intakes or mean percentages are based on respondents' intakes on the first surveyed day (Day 1) so that readers can track trends over time from surveys with different numbers of days of dietary information. Tables that present percentages of individuals meeting recommendations are based on respondents' 2-day average intakes.

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Table 1.--Nutrient Intakes: Mean amount consumed per individual, by sex and age, 1 day, 1995

Sex and age (years)	Percentage of population	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol
	<i>Percent</i>	<i>Kilocalories</i>	<i>----- Grams -----</i>				<i>Milligrams</i>	
Males and females:								
Under 1.....	1.2	826	21.0	35.8	15.1	11.2	7.6	34
1-2.....	3.0	1,311	48.4	47.6	19.4	17.3	7.3	191
3-5.....	4.8	1,576	55.4	56.6	21.2	21.8	9.4	182
5 and under.....	8.9	1,389	48.6	50.9	19.8	18.9	8.5	166
Males:								
6-11.....	4.6	2,132	73.0	77.5	28.5	30.1	13.0	247
12-19.....	5.8	2,721	95.8	101.8	36.2	39.7	18.1	321
20-29.....	7.8	2,757	101.9	100.2	34.6	39.1	18.7	325
30-39.....	7.7	2,800	106.8	109.9	38.1	42.2	21.0	377
40-49.....	7.2	2,378	92.8	89.3	30.2	34.5	17.5	336
50-59.....	4.3	2,363	95.3	93.3	30.4	36.3	19.1	367
60-69.....	3.4	2,120	86.2	81.4	26.5	31.3	17.2	325
70 and over.....	3.4	1,835	74.1	67.8	22.6	26.0	13.7	273
20 and over.....	33.9	2,479	95.8	94.1	31.9	36.3	18.4	339
Females:								
6-11.....	4.4	1,881	64.5	69.2	25.2	26.9	11.9	220
12-19.....	5.6	1,905	64.7	69.3	24.7	26.7	12.6	234
20-29.....	7.0	1,867	69.3	66.4	22.5	25.5	13.4	227
30-39.....	8.8	1,703	66.0	64.4	21.8	24.9	12.8	234
40-49.....	6.7	1,697	62.6	64.9	21.6	24.3	14.0	237
50-59.....	5.4	1,607	65.3	59.5	19.4	22.7	12.6	209
60-69.....	4.1	1,484	61.1	55.1	18.0	20.8	12.0	227
70 and over.....	4.9	1,391	56.7	49.0	16.0	18.6	10.5	183
20 and over.....	36.8	1,653	64.1	61.1	20.3	23.3	12.7	222
All individuals.....	100.0	2,017	75.8	75.3	26.0	28.9	14.5	264

Excludes breast-fed children.

Continued

Table 1.--Nutrient Intakes: Mean amount consumed per individual, by sex and age, 1 day, 1995--continued

Sex and age (years)	Total carbohydrate	Dietary fiber	Vitamin A	Carotenes	Vitamin E	Vitamin C	Thiamin
	----- Grams -----		Micrograms retinol ----- equivalents -----		Milligrams alpha-tocopherol ----- equivalents	----- Milligrams -----	
Males and females:							
Under 1.....	105.7	3.2	799	204	11.8	109	.85
1-2.....	177.3	8.6	712	258	4.8	105	1.13
3-5.....	217.7	11.2	842	296	5.3	102	1.39
5 and under.....	189.6	9.3	793	271	6.0	104	1.23
Males:							
6-11.....	294.1	14.0	936	288	7.4	119	1.83
12-19.....	362.0	17.4	1252	551	9.1	123	2.14
20-29.....	345.4	18.1	1083	406	10.1	125	2.11
30-39.....	337.0	19.5	1094	583	10.3	109	1.97
40-49.....	287.9	17.4	1199	537	8.8	108	1.85
50-59.....	277.9	18.9	1312	654	10.3	123	1.86
60-69.....	257.0	18.5	1392	675	9.6	115	1.81
70 and over.....	231.1	17.2	1307	654	8.2	97	1.60
20 and over.....	302.3	18.3	1193	558	9.6	114	1.91
Females:							
6-11.....	257.7	12.7	798	275	6.6	100	1.51
12-19.....	262.5	12.7	765	301	6.8	95	1.37
20-29.....	241.2	12.5	883	459	7.0	85	1.40
30-39.....	214.4	12.8	807	454	6.9	74	1.31
40-49.....	215.9	13.7	876	430	7.7	92	1.34
50-59.....	200.3	14.9	1017	588	7.3	101	1.37
60-69.....	186.1	14.1	1043	553	6.9	90	1.30
70 and over.....	185.5	14.8	1243	689	7.0	103	1.26
20 and over.....	210.6	13.6	949	513	7.1	89	1.33
All individuals.....	257.4	15.0	1018	476	8.0	103	1.60

Excludes breast-fed children.

Continued

Table 1.--Nutrient Intakes: Mean amount consumed per individual, by sex and age, 1 day, 1995--continued

Sex and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
	----- Milligrams -----			----- Micrograms -----		----- Milligrams -----	
Males and females:							
Under 1.....	1.32	10.0	.66	123	1.98	650	510
1-2.....	1.71	12.6	1.28	180	3.16	851	956
3-5.....	1.84	16.6	1.51	226	3.47	829	1,033
5 and under.....	1.73	14.4	1.32	197	3.17	813	939
Males:							
6-11.....	2.31	21.8	1.89	294	4.47	1,004	1,338
12-19.....	2.62	27.4	2.31	331	5.90	1,176	1,647
20-29.....	2.43	31.3	2.28	324	6.34	987	1,587
30-39.....	2.38	29.5	2.27	291	† 9.34	971	1,637
40-49.....	2.15	26.6	2.06	280	6.30	885	1,448
50-59.....	2.19	27.8	2.16	295	8.03	813	1,439
60-69.....	2.12	25.5	2.14	285	6.44	798	1,337
70 and over.....	1.99	21.9	1.94	271	6.69	757	1,205
20 and over.....	2.25	27.9	2.17	294	7.28	897	1,486
Females:							
6-11.....	1.92	18.0	1.49	229	4.10	877	1,166
12-19.....	1.75	18.5	1.50	215	3.88	777	1,103
20-29.....	1.67	20.7	1.61	227	3.71	710	1,111
30-39.....	1.54	18.2	1.38	202	4.05	670	1,039
40-49.....	1.58	18.4	1.52	224	4.86	623	1,019
50-59.....	1.60	19.5	1.56	230	3.99	656	1,046
60-69.....	1.58	18.3	1.55	231	4.28	616	957
70 and over.....	1.56	17.5	1.57	238	4.77	624	930
20 and over.....	1.59	18.8	1.52	223	4.24	655	1,026
All individuals.....	1.94	22.1	1.78	254	5.26	814	1,235

† See "Statistical notes," Appendix B.
Excludes breast-fed children.

Continued

Table 1.--Nutrient Intakes: Mean amount consumed per individual, by sex and age, 1 day, 1995--continued

Sex and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- <i>Milligrams</i> -----						
Males and females:						
Under 1.....	94	15.3	6.6	.7	435	1,012
1-2.....	183	10.6	7.6	.7	1,940	1,959
3-5.....	203	12.9	9.1	.8	2,459	2,053
5 and under.....	182	12.4	8.3	.8	2,022	1,886
Males:						
6-11.....	203	12.9	9.1	.8	2,459	2,053
12-19.....	182	12.4	8.3	.8	2,022	1,886
20-29.....	332	20.4	15.2	1.5	4,675	3,225
30-39.....	351	20.4	16.8	1.6	4,554	3,568
40-49.....	318	17.3	13.1	1.4	3,938	3,114
50-59.....	329	18.5	13.8	1.5	4,057	3,301
60-69.....	314	17.1	12.5	1.4	3,673	3,131
70 and over.....	284	16.3	11.2	1.2	3,016	2,848
20 and over.....	326	18.7	14.3	1.5	4,144	3,242
Females:						
6-11.....	223	13.9	9.9	1.0	2,915	2,180
12-19.....	222	13.7	9.9	1.0	3,050	2,209
20-29.....	236	14.3	9.9	1.1	3,033	2,272
30-39.....	232	12.4	9.5	1.0	2,788	2,284
40-49.....	237	13.1	9.2	1.1	2,709	2,345
50-59.....	250	13.4	9.6	1.1	2,745	2,489
60-69.....	230	13.0	8.8	1.0	2,551	2,339
70 and over.....	232	12.6	8.4	1.0	2,342	2,337
20 and over.....	236	13.1	9.3	1.1	2,728	2,336
All individuals.....	266	15.6	11.4	1.2	3,292	2,650

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1995.

Table 2.--Nutrient Intakes: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 1 day, 1995

Sex and age (years)	Percentage of population	Food energy	Protein	Vitamin A (µg RE)	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin
	<i>Percent</i>	<i>Percent of RDA</i>							
Males and females:									
Under 1.....	1.2	107	154	213	337	331	234	289	178
1-2.....	3.0	101	303	178	80	263	162	213	140
3-5.....	4.8	98	265	180	79	236	168	186	152
5 and under.....	8.9	100	264	184	113	257	175	209	151
Males:									
6-11.....	4.6	105	252	138	102	262	179	189	164
12-19.....	5.8	97	180	125	91	220	150	157	146
20-29.....	7.8	95	169	108	101	209	140	143	165
30-39.....	7.7	97	170	109	103	181	131	140	155
40-49.....	7.2	82	147	120	88	181	123	127	140
50-59.....	4.3	100	151	131	103	205	151	153	180
60-69.....	3.4	92	137	139	96	192	151	151	170
70 and over.....	3.4	80	118	131	82	161	134	142	146
20 and over.....	33.9	91	154	119	96	189	136	141	158
Females:									
6-11.....	4.4	93	214	120	92	218	151	160	136
12-19.....	5.6	86	143	96	85	171	124	134	123
20-29.....	7.0	84	142	109	86	137	123	125	135
30-39.....	8.8	77	130	100	85	121	117	117	120
40-49.....	6.7	77	125	109	96	152	121	121	123
50-59.....	5.4	83	131	127	92	169	136	133	148
60-69.....	4.1	78	122	130	86	150	130	132	141
70 and over.....	4.9	73	113	155	88	172	126	130	135
20 and over.....	36.8	79	128	118	89	147	124	125	132
All individuals.....	100.0	88	162	124	94	185	138	145	144

Excludes breast-fed children.

Continued

Table 2.--Nutrient Intakes: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 1 day, 1995
 --continued

Sex and age (years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
----- <i>Percent of RDA</i> -----								
Males and females:								
Under 1.....	138	396	493	127	123	178	188	132
1-2.....	128	361	451	106	119	229	106	76
3-5.....	141	348	390	104	129	195	129	91
5 and under.....	136	359	424	108	125	204	129	91
Males:								
6-11.....	136	294	319	119	159	151	164	115
12-19.....	122	185	295	98	137	95	175	96
20-29.....	114	162	317	102	165	95	204	101
30-39.....	114	146	† 467	121	205	100	204	112
40-49.....	103	140	315	111	181	91	173	87
50-59.....	108	147	402	102	180	94	185	92
60-69.....	107	142	322	100	167	90	171	83
70 and over.....	97	135	335	95	151	81	163	75
20 and over.....	108	147	364	107	178	93	187	95
Females:								
6-11.....	110	225	300	101	135	127	129	95
12-19.....	102	130	194	65	92	77	90	82
20-29.....	98	121	182	71	112	83	93	80
30-39.....	85	109	201	82	127	82	82	78
40-49.....	95	124	243	78	127	85	87	77
50-59.....	98	128	200	82	131	89	129	80
60-69.....	97	128	214	77	120	82	130	73
70 and over.....	98	132	239	78	116	83	126	70
20 and over.....	94	122	211	78	122	84	103	77
All individuals.....	107	168	295	94	143	103	141	88

† See "Statistical notes," Appendix B.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1995.

Table 3.--Nutrient Intakes: Percentages of individuals meeting 100 percent of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1995

Sex and age (years)	Percentage of population	Food energy	Protein	Vitamin A (µg RE)	Vitamin E	Vitamin C	Thiamin	Riboflavin	Niacin
	Percent	----- Percentage of individuals -----							
Males and females:									
Under 1.....	1.2	50.9	80.0	† 94.0	† 96.0	† 100.0	† 95.1	† 97.4	† 91.7
1-2.....	3.0	43.1	† 98.4	80.5	21.4	81.2	84.2	94.1	70.8
3-5.....	4.8	38.8	† 99.2	72.0	24.2	82.4	84.7	89.2	78.9
5 and under.....	9.0	41.8	96.5	77.7	32.5	84.3	85.9	91.9	77.8
Males:									
6-11.....	4.6	47.7	† 99.4	60.3	30.2	77.7	92.3	† 94.5	90.1
12-19.....	5.8	38.8	88.7	36.8	34.1	69.9	76.2	80.4	77.9
20-29.....	8.0	32.5	87.6	28.2	33.1	59.9	62.4	57.2	77.4
30-39.....	7.6	37.8	85.4	39.7	42.5	60.6	70.5	65.4	84.9
40-49.....	6.9	23.9	79.0	40.1	33.1	57.3	62.3	61.0	74.9
50-59.....	4.6	43.2	82.4	43.4	37.9	61.1	80.2	75.8	89.7
60-69.....	3.4	35.6	76.1	46.7	34.0	64.4	77.1	80.8	87.3
70 and over.....	3.4	20.8	65.9	47.7	24.4	62.9	72.6	74.4	77.1
20 and over.....	33.9	32.5	81.3	39.1	35.1	60.4	69.1	66.4	81.2
Females:									
6-11.....	4.4	28.6	† 95.6	46.4	27.8	74.7	75.0	79.9	68.2
12-19.....	5.6	27.4	74.4	29.0	25.5	62.2	68.9	67.2	63.4
20-29.....	7.0	23.7	74.8	39.7	33.3	61.1	64.3	59.1	72.6
30-39.....	8.7	18.3	69.6	33.6	30.5	46.1	59.8	55.5	61.0
40-49.....	6.6	14.1	74.1	38.6	32.1	53.6	61.5	57.0	67.0
50-59.....	5.5	23.0	70.9	44.3	31.8	62.6	74.2	70.1	76.4
60-69.....	4.1	14.8	67.8	47.1	23.6	63.2	67.5	71.0	75.3
70 and over.....	4.9	13.5	58.7	56.2	21.2	63.6	66.6	66.9	68.4
20 and over.....	36.8	18.3	70.0	41.8	29.5	57.0	64.9	61.9	69.1
All individuals.....	100.0	28.7	80.0	44.1	31.7	63.4	70.8	69.8	75.1

† See "Statistical notes," Appendix B.
Excludes breast-fed children

continued

Table 3.--Nutrient Intakes: Percentages of individuals meeting 100 percent of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1995--continued

Sex and age (years)	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus	Magnesium	Iron	Zinc
----- <i>Percentage of individuals</i> -----								
Males and females:								
Under 1.....	70.1	† 99.4	† 98.0	73.6	70.7	† 93.2	† 90.2	74.0
1-2.....	64.2	† 98.7	† 98.8	47.6	62.2	96.3	47.5	19.6
3-5.....	70.1	† 97.1	† 97.3	46.5	70.7	91.7	63.2	30.0
5 and under.....	68.1	97.9	97.9	50.3	67.8	93.5	61.3	32.1
Males:								
6-11.....	67.6	† 97.6	† 98.2	57.8	86.2	84.1	84.4	54.6
12-19.....	54.1	75.0	88.0	35.8	73.8	29.8	84.8	37.1
20-29.....	45.3	57.6	90.6	36.9	75.0	28.2	89.4	38.1
30-39.....	55.0	71.0	89.3	54.5	† 93.0	41.4	89.9	42.4
40-49.....	44.3	62.5	86.7	43.6	86.0	36.5	79.6	28.9
50-59.....	49.7	67.1	90.0	40.4	90.7	33.0	88.4	28.1
60-69.....	46.2	63.9	90.0	42.6	88.2	29.8	83.1	22.6
70 and over.....	40.1	62.6	88.6	41.8	86.0	21.0	82.8	17.8
20 and over.....	47.4	64.0	89.2	43.8	85.8	32.9	86.1	32.2
Females:								
6-11.....	52.5	90.3	92.9	37.6	65.2	61.8	62.3	30.1
12-19.....	40.1	57.1	73.4	12.7	30.3	18.3	28.2	22.4
20-29.....	40.2	61.0	70.1	14.6	52.7	25.2	30.7	19.7
30-39.....	29.8	48.4	72.7	24.1	66.3	24.2	22.8	21.5
40-49.....	35.7	53.2	70.0	25.9	68.6	28.1	23.3	16.8
50-59.....	42.1	57.3	70.0	25.9	71.3	28.6	62.7	20.8
60-69.....	42.4	59.1	73.0	24.4	64.8	25.3	67.3	15.2
70 and over.....	42.0	61.3	69.2	24.7	63.9	25.3	59.1	14.2
20 and over.....	37.7	55.9	70.9	23.0	64.4	26.0	40.1	18.5
All individuals.....	46.8	67.0	82.8	34.9	71.6	38.4	62.5	27.8

† See "Statistical notes," Appendix B.

Excludes breast-fed children

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1995.

Table 4.--Nutrient Intakes: Mean percentages of calories from protein, fat, carbohydrate, and alcohol, by sex and age, 1 day, 1995

Sex and age (years)	Percentage of population	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Carbohydrate	Alcohol
	<i>Percent</i>	<i>----- Percent of kilocalories -----</i>						
Males and females:								
Under 1.....	1.2	9.9	39.5	16.7	12.1	8.6	50.9	0.0
1-2.....	3.0	14.7	32.1	13.2	11.6	4.9	54.8	*
3-5.....	4.8	14.2	32.1	12.1	12.3	5.3	55.4	*
5 and under.....	8.9	13.8	33.0	13.0	12.0	5.6	54.6	*
Males:								
6-11.....	4.6	13.9	32.1	11.9	12.5	5.3	55.5	† *
12-19.....	5.8	14.4	33.1	11.8	13.0	5.9	53.6	† .3
20-29.....	7.8	15.2	31.9	10.9	12.5	5.9	51.2	2.7
30-39.....	7.7	15.7	34.2	11.7	13.2	6.6	48.7	2.5
40-49.....	7.2	16.1	33.0	11.1	12.8	6.4	49.3	2.8
50-59.....	4.3	16.5	34.6	11.1	13.4	7.2	47.8	2.4
60-69.....	3.4	16.7	33.4	10.9	12.9	6.9	49.4	2.2
70 and over.....	3.4	16.5	32.6	10.9	12.4	6.6	50.9	1.6
20 and over.....	33.9	15.9	33.2	11.2	12.9	6.5	49.6	2.5
Females:								
6-11.....	4.4	14.0	32.7	11.9	12.7	5.7	54.9	† *
12-19.....	5.6	14.1	32.3	11.4	12.4	6.0	55.0	† .1
20-29.....	7.0	15.4	31.5	10.9	12.0	6.1	52.2	2.3
30-39.....	8.8	16.2	33.1	11.2	12.7	6.6	50.6	1.4
40-49.....	6.7	15.4	33.6	11.0	12.5	7.5	51.3	1.3
50-59.....	5.4	16.8	32.7	10.8	12.4	6.9	50.2	2.1
60-69.....	4.1	16.9	32.5	10.6	12.2	7.0	50.7	1.6
70 and over.....	4.9	16.6	30.9	10.0	11.7	6.6	54.0	.6
20 and over.....	36.8	16.1	32.5	10.8	12.3	6.8	51.4	1.6
All individuals.....	100.0	15.4	32.8	11.3	12.5	6.4	51.8	1.4

* Value less than 0.05 but greater than 0.

† See "Statistical notes," Appendix B.

Excludes breast-fed children.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1995.

Table 5.--Nutrient Intakes: Percentages of individuals with diets meeting recommendations for total fat, saturated fat, and cholesterol, by sex and age, 2-day average, 1995

Sex and age (years)	Percentage of population	Total fat	Saturated fatty acids	Cholesterol
		Individuals at or below 30 percent of calories from total fat	Individuals below 10 percent of calories from saturated fatty acids	Individuals at or below 300 milligrams of cholesterol
	<i>Percent</i>	<i>Percent of individuals</i>	<i>Percent of individuals</i>	<i>Percent of individuals</i>
Males and females:				
Under 1.....	1.2	† 8.3	† 3.0	† 100.0
1-2.....	3.0	32.6	18.3	84.6
3-5.....	4.8	32.7	23.2	87.9
5 and under.....	9.0	29.5	18.9	88.3
Males:				
6-11.....	4.6	33.7	23.4	74.9
12-19.....	5.8	31.2	30.7	59.2
20-29.....	8.0	26.6	34.8	56.4
30-39.....	7.6	25.3	27.0	48.4
40-49.....	6.9	31.5	34.8	56.8
50-59.....	4.6	26.4	36.1	51.3
60-69.....	3.4	26.8	38.9	56.7
70 and over.....	3.4	36.3	42.5	66.2
20 and over.....	33.9	28.3	34.4	55.0
Females:				
6-11.....	4.4	33.0	24.6	83.4
12-19.....	5.6	36.8	37.5	77.1
20-29.....	7.0	40.7	46.7	79.5
30-39.....	8.7	30.1	33.5	79.0
40-49.....	6.6	31.3	36.8	73.5
50-59.....	5.5	33.5	43.4	81.8
60-69.....	4.1	38.5	45.2	77.9
70 and over.....	4.9	43.3	46.9	84.6
20 and over.....	36.8	35.5	41.2	79.2
All individuals.....	100.0	32.2	34.5	70.5

† See "Statistical notes," Appendix B.

Excludes breast-fed children

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1995.

Table 6.—Breakfast: Mean percentages of nutrient intake contributed by foods eaten at breakfast, by sex and age, 1 day, 1995

Sex and age (years)	Percentage of population	Individuals eating breakfast	Food energy	Protein	Total fat	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	Cholesterol	
	<i>Percent</i>		<i>Percent</i>							
Males and females:										
Under 1.....	1.2	49.0	11.6	11.5	10.9	10.6	10.8	11.6	11.2	
1-2.....	3.0	95.9	21.6	21.0	20.3	21.3	19.5	20.5	28.1	
3-5.....	4.8	96.6	21.5	20.1	17.5	19.2	16.3	16.5	21.4	
5 and under.....	8.9	90.2	20.2	19.3	17.6	18.8	16.6	17.2	22.5	
Males:										
6-11.....	4.6	† 95.3	19.9	18.2	16.0	17.6	14.7	15.8	20.3	
12-19.....	5.8	82.8	19.0	17.3	16.3	17.5	15.6	15.9	21.5	
20-29.....	7.8	77.8	14.7	12.7	13.0	14.3	12.7	12.2	15.8	
30-39.....	7.7	82.8	14.6	12.1	12.8	13.8	12.7	11.6	16.6	
40-49.....	7.2	85.7	15.7	13.8	14.4	15.5	14.1	13.6	16.8	
50-59.....	4.3	84.9	17.5	14.9	16.0	16.6	16.0	16.3	18.5	
60-69.....	3.3	93.5	21.0	17.6	18.0	19.5	17.6	16.9	22.1	
70 and over.....	3.4	† 97.0	25.4	21.4	22.0	23.0	21.4	21.8	23.4	
20 and over.....	33.9	85.0	17.0	14.5	15.0	16.1	14.8	14.3	18.0	
Females:										
6-11.....	4.4	93.1	19.2	18.1	16.1	18.0	15.2	14.8	21.7	
12-19.....	5.6	78.8	16.4	16.0	14.0	14.6	13.5	14.3	19.2	
20-29.....	7.0	71.8	14.4	13.0	11.5	12.9	10.9	11.0	13.6	
30-39.....	8.8	81.3	16.0	14.0	14.7	15.4	14.2	14.6	16.9	
40-49.....	6.6	90.2	17.4	15.4	14.5	15.4	14.3	14.0	18.3	
50-59.....	5.4	89.8	18.7	16.0	15.1	15.9	14.6	14.7	16.1	
60-69.....	4.1	92.0	20.6	16.9	15.8	17.0	15.2	15.0	18.0	
70 and over.....	4.9	95.4	23.0	18.7	17.6	18.7	16.9	17.7	17.5	
20 and over.....	36.8	85.4	17.8	15.3	14.6	15.6	14.1	14.3	16.6	
All individuals.....	100.0	86.0	17.9	15.8	15.2	16.3	14.7	14.7	18.4	

† See "Statistical notes," Appendix B.
Excludes breast-fed children

Continued

Table 6.--Breakfast: Mean percentages of nutrient intake contributed by foods eaten at breakfast, by sex and age, 1 day, 1995--continued

Sex and age (years)	Total carbohydrate	Dietary fiber	Vitamin A (µg RE)	Carotenes	Vitamin E	Vitamin C	Thiamin
----- <i>Percent</i> -----							
Males and females:							
Under 1.....	11.8	19.9	10.1	† 12.2	10.6	11.4	17.1
1-2.....	22.5	20.4	35.2	13.1	20.2	26.4	31.2
3-5.....	24.1	19.2	41.2	14.0	17.6	28.2	33.9
5 and under.....	22.0	19.7	35.1	13.5	17.6	25.4	30.8
Males:							
6-11.....	23.0	20.8	41.0	14.1	18.7	29.3	32.8
12-19.....	21.1	18.0	33.7	15.4	18.4	27.6	28.0
20-29.....	17.0	15.4	24.5	11.9	14.9	23.5	20.8
30-39.....	17.6	12.7	20.1	7.5	14.3	14.4	18.6
40-49.....	18.4	14.9	23.6	11.8	16.1	19.1	21.3
50-59.....	20.8	17.7	23.6	9.7	18.7	20.3	23.5
60-69.....	25.1	21.2	25.2	11.5	20.7	26.3	27.4
70 and over.....	29.8	25.7	32.6	15.5	25.9	31.9	33.9
20 and over.....	20.0	16.6	24.1	10.9	17.2	21.2	22.7
Females:							
6-11.....	21.4	16.4	34.4	13.5	15.4	27.1	28.7
12-19.....	18.4	16.0	30.5	14.6	16.8	25.2	25.6
20-29.....	17.6	15.0	24.7	9.7	13.3	22.7	22.3
30-39.....	18.5	14.5	22.4	10.0	16.1	17.2	20.3
40-49.....	20.5	17.0	22.6	11.1	16.2	19.4	22.5
50-59.....	22.5	18.6	23.3	8.7	16.8	21.3	24.7
60-69.....	25.4	21.4	26.2	11.8	20.2	26.7	27.4
70 and over.....	28.5	24.3	27.2	12.6	21.4	32.2	31.6
20 and over.....	21.4	17.7	24.0	10.5	16.8	22.3	24.0
All individuals.....	20.9	17.5	27.2	11.7	17.1	23.2	25.1

† See "Statistical notes," Appendix B.
Excludes breast-fed children

Continued

Table 6.--Breakfast: Mean percentages of nutrient intake contributed by foods eaten at breakfast, by sex and age, 1 day, 1995

--continued

Sex and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
----- Percent -----							
Males and females:							
Under 1.....	15.5	16.7	13.7	12.1	11.0	13.2	13.1
1-2.....	33.1	27.4	31.8	38.2	27.1	28.4	26.0
3-5.....	36.4	29.3	35.0	41.0	27.7	31.2	27.3
5 and under.....	32.6	27.0	31.1	36.3	25.4	27.9	25.0
Males:							
6-11.....	35.6	27.8	35.4	42.6	27.1	29.7	25.3
12-19.....	29.7	23.3	27.1	33.1	23.7	25.4	22.0
20-29.....	22.4	16.0	20.1	24.1	16.8	19.9	16.5
30-39.....	20.2	14.7	15.4	18.8	14.4	18.5	16.3
40-49.....	22.4	17.3	17.1	22.4	17.3	22.6	18.3
50-59.....	23.7	18.4	19.2	25.1	18.7	22.4	19.3
60-69.....	28.5	22.0	24.5	28.3	24.7	26.6	23.7
70 and over.....	35.1	27.7	30.2	35.5	27.9	32.6	28.1
20 and over.....	24.0	18.1	19.7	24.2	18.5	22.4	19.1
Females:							
6-11.....	31.9	23.9	30.3	35.9	26.5	27.6	23.6
12-19.....	27.6	21.1	24.3	31.4	22.5	24.1	20.9
20-29.....	24.2	17.7	21.5	26.4	21.3	23.0	17.8
30-39.....	22.2	16.3	17.4	21.3	16.9	20.7	17.6
40-49.....	23.2	19.5	19.7	23.7	18.2	21.9	19.4
50-59.....	25.6	20.9	22.7	25.9	20.5	25.1	21.0
60-69.....	27.8	23.2	24.8	29.0	21.9	25.6	22.0
70 and over.....	31.0	25.9	27.7	32.3	25.9	29.0	25.1
20 and over.....	25.1	19.9	21.6	25.7	20.2	23.7	19.9
All individuals.....	26.5	20.7	23.3	28.1	21.0	24.2	20.7

Excludes breast-fed children

Continued

Table 6.—Breakfast: Mean percentages of nutrient intake contributed by foods eaten at breakfast, by sex and age, 1 day, 1995—continued

Sex and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Percent -----						
Males and females:						
Under 1.....	13.3	17.6	11.7	11.4	11.4	11.2
1-2.....	24.0	34.9	28.2	19.1	20.5	22.3
3-5.....	24.6	36.6	29.5	17.5	20.1	22.4
5 and under.....	22.9	33.5	26.8	17.3	19.1	20.9
Males:						
6-11.....	24.2	33.8	27.2	18.2	18.5	22.5
12-19.....	21.7	28.8	20.9	18.2	18.0	20.3
20-29.....	17.4	20.2	15.0	13.7	13.2	17.5
30-39.....	17.7	16.9	13.8	12.9	12.7	16.4
40-49.....	20.5	21.5	15.6	15.3	14.8	20.3
50-59.....	20.9	23.3	16.7	16.6	16.9	19.8
60-69.....	26.0	28.1	20.7	19.9	19.2	24.2
70 and over.....	29.6	36.1	25.3	22.9	22.8	26.6
20 and over.....	20.7	22.5	16.7	15.8	15.4	19.7
Females:						
6-11.....	22.2	30.3	24.1	16.6	17.5	21.6
12-19.....	19.4	25.9	20.4	15.2	15.5	19.1
20-29.....	18.3	22.4	16.8	14.3	12.2	18.6
30-39.....	19.4	20.3	15.8	14.8	13.8	18.3
40-49.....	21.4	22.1	16.4	17.1	15.5	21.0
50-59.....	24.2	25.5	18.8	17.8	16.2	22.8
60-69.....	26.0	31.0	21.0	20.1	18.5	24.6
70 and over.....	28.9	33.1	23.7	22.6	20.1	26.0
20 and over.....	22.3	24.7	18.2	17.2	15.5	21.2
All individuals.....	21.7	25.7	19.4	16.7	16.2	20.6

Excludes breast-fed children

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1995.

Table 7.—Snacks: Mean percentages of nutrient intake contributed by foods eaten at snacks (including beverage breaks), by sex and age, 1 day, 1995—continued

Sex and age (years)	Total carbohydrate	Dietary fiber	Vitamin A (µg RE)	Carotenes	Vitamin E	Vitamin C	Thiamin
----- Percent -----							
Males and females:							
Under 1.....	† 19.6	† 11.5	† 19.5	† 8.7	† 22.1	† 21.7	† 19.2
1-2.....	28.0	21.5	17.3	15.9	23.9	27.5	20.3
3-5.....	24.2	22.6	15.4	16.9	21.7	23.4	15.4
5 and under.....	24.9	21.1	16.6	15.7	22.5	24.5	17.6
Males:							
6-11.....	23.5	20.5	14.6	17.8	19.5	19.7	14.3
12-19.....	23.2	18.8	13.0	15.8	17.6	19.8	13.9
20-29.....	19.8	14.1	10.6	9.7	14.0	15.9	11.2
30-39.....	17.4	12.9	12.9	8.7	12.1	12.3	10.3
40-49.....	18.5	13.2	10.5	9.6	12.9	12.2	10.6
50-59.....	19.2	14.9	10.3	10.9	14.0	13.7	11.7
60-69.....	17.6	14.6	10.0	9.7	12.0	14.3	10.7
70 and over.....	12.9	8.9	7.6	6.9	9.2	10.0	6.8
20 and over.....	18.0	13.3	10.7	9.3	12.7	13.3	10.4
Females:							
6-11.....	22.8	20.0	14.0	15.5	19.4	16.8	14.6
12-19.....	25.3	18.9	13.8	16.4	17.5	15.6	14.5
20-29.....	18.8	14.6	13.7	12.1	14.6	12.4	12.6
30-39.....	20.7	15.6	13.0	15.0	15.4	16.2	11.9
40-49.....	20.2	14.4	12.3	12.1	14.5	14.0	11.5
50-59.....	18.2	13.1	8.6	8.4	12.1	13.3	10.5
60-69.....	18.4	13.2	10.2	8.3	11.7	12.6	10.2
70 and over.....	14.0	9.9	9.0	8.6	9.9	10.6	7.9
20 and over.....	18.7	13.8	11.5	11.3	13.4	13.5	11.0
All individuals.....	20.1	15.4	12.1	12.1	15.0	15.3	12.1

† See "Statistical notes," Appendix B.
Excludes breast-fed children

Continued

Table 7.--Snacks: Mean percentages of nutrient intake contributed by foods eaten at snacks (including beverage breaks), by sex and age, 1 day, 1995--continued

Sex and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
----- Percent -----							
Males and females:							
Under 1.....	† 20.7	† 19.0	† 20.3	† 20.5	† 22.5	† 22.0	† 20.9
1-2.....	23.0	16.2	20.8	19.3	21.1	25.4	22.4
3-5.....	17.5	12.7	16.3	16.2	14.7	20.1	18.1
5 and under.....	19.8	14.7	18.3	17.8	17.9	22.2	19.9
Males:							
6-11.....	16.0	13.8	14.5	15.5	12.7	16.9	16.7
12-19.....	15.8	12.1	14.3	15.9	10.8	16.6	15.5
20-29.....	13.6	10.5	13.0	13.7	9.9	15.7	14.2
30-39.....	13.7	9.2	10.7	12.9	9.0	15.0	12.3
40-49.....	13.3	9.1	10.7	12.3	10.1	15.1	12.8
50-59.....	13.6	10.3	11.4	12.1	8.7	15.6	13.5
60-69.....	12.7	9.7	12.1	12.9	8.8	15.2	11.8
70 and over.....	9.1	5.8	7.8	7.3	6.8	11.2	8.6
20 and over.....	13.0	9.3	11.2	12.3	9.2	14.9	12.6
Females:							
6-11.....	15.3	12.8	13.8	14.5	12.0	15.1	14.5
12-19.....	16.8	12.2	13.9	14.2	13.1	17.7	16.5
20-29.....	15.6	11.3	11.9	13.0	12.9	16.8	15.5
30-39.....	14.6	10.5	12.3	13.3	10.3	15.5	13.9
40-49.....	15.1	9.3	10.9	12.4	8.8	16.6	13.8
50-59.....	12.7	9.6	11.3	11.5	8.2	13.7	11.9
60-69.....	13.0	8.4	10.1	10.8	9.0	14.8	11.5
70 and over.....	10.1	6.7	8.2	8.3	8.0	12.4	9.7
20 and over.....	13.8	9.6	11.0	11.9	9.8	15.2	13.1
All individuals.....	14.5	10.6	12.4	13.2	10.8	16.0	14.1

† See "Statistical notes," Appendix B.
Excludes breast-fed children

Continued

Table 7.—Snacks: Mean percentages of nutrient intake contributed by foods eaten at snacks (including beverage breaks), by sex and age, 1 day, 1995--continued

Sex and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Percent -----						
Males and females:						
Under 1.....	† 18.9	† 19.7	20.7	† 19.7	† 18.6	† 20.5
1-2.....	23.9	18.4	19.2	23.2	17.2	24.7
3-5.....	21.1	14.3	14.7	22.0	14.5	20.6
5 and under.....	21.8	16.4	17.0	22.1	15.9	22.0
Males:						
6-11.....	19.6	14.9	14.6	20.5	14.8	18.1
12-19.....	19.7	14.1	13.9	20.0	13.3	17.9
20-29.....	16.5	11.0	10.8	15.7	11.7	14.1
30-39.....	14.3	9.6	10.0	13.0	8.7	12.2
40-49.....	15.6	10.3	10.4	15.1	9.1	13.5
50-59.....	16.5	10.5	10.9	15.0	9.8	15.1
60-69.....	14.2	10.3	9.5	14.1	8.9	13.0
70 and over.....	9.8	6.5	6.8	9.7	6.9	9.3
20 and over.....	14.9	9.9	10.0	14.1	9.5	13.1
Females:						
6-11.....	17.1	14.3	12.5	18.5	13.9	15.4
12-19.....	19.3	14.8	14.8	19.8	15.3	17.1
20-29.....	17.3	12.4	13.8	16.4	11.2	15.0
30-39.....	16.4	11.9	11.5	16.7	10.9	15.7
40-49.....	16.3	11.9	11.2	16.0	10.2	14.7
50-59.....	15.0	10.4	10.2	15.2	9.5	13.9
60-69.....	13.4	10.4	9.7	13.6	8.6	12.3
70 and over.....	10.8	7.0	8.2	10.9	6.6	10.8
20 and over.....	15.3	11.0	11.0	15.2	9.8	14.1
All individuals.....	16.5	11.8	11.8	16.4	11.2	15.1

† See "Statistical notes," Appendix B.

Excludes breast-fed children

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1995.

Table 8.--Food away from home: Mean percentages of nutrient intake contributed by foods obtained and eaten away from home, by sex and age, 1 day, 1995--continued

Sex and age (years)	Total carbohydrate	Dietary fiber	Vitamin A (µg RE)	Carotenes	Vitamin E	Vitamin C	Thiamin
----- Percent -----							
Males and females:							
Under 1.....	† 5.7	† 9.8	† 4.2	† 7.2	† 3.5	† 4.0	† 5.0
1-2.....	15.4	17.4	12.1	16.6	16.7	13.6	14.1
3-5.....	20.7	21.0	17.6	21.6	22.1	17.5	19.0
5 and under.....	17.0	18.6	14.0	18.4	17.9	14.4	15.5
Males:							
6-11.....	27.4	28.1	25.0	28.4	26.7	22.6	24.8
12-19.....	31.7	28.8	22.9	27.4	29.1	24.6	26.8
20-29.....	40.8	39.9	34.9	39.5	40.6	36.6	37.3
30-39.....	34.9	33.5	31.6	35.3	35.3	34.5	32.5
40-49.....	28.3	25.0	23.4	25.9	28.9	20.6	27.0
50-59.....	27.0	25.5	24.8	25.7	28.4	23.0	26.5
60-69.....	20.2	20.7	19.8	22.9	21.5	17.4	20.2
70 and over.....	12.6	12.0	11.1	14.1	14.6	10.3	12.3
20 and over.....	30.1	28.7	26.5	29.6	30.8	26.4	28.4
Females:							
6-11.....	32.8	32.0	30.5	32.1	33.6	28.1	30.2
12-19.....	27.7	27.1	23.3	26.7	27.0	23.7	25.8
20-29.....	32.1	31.6	28.8	34.6	34.7	28.8	30.4
30-39.....	26.8	27.1	26.6	29.7	28.9	26.1	25.3
40-49.....	22.5	21.9	21.0	23.6	25.2	22.7	21.4
50-59.....	19.7	19.4	18.3	19.5	22.2	17.5	20.1
60-69.....	13.8	13.0	14.2	16.4	16.0	11.9	13.7
70 and over.....	11.7	12.0	11.6	13.6	13.7	9.6	11.5
20 and over.....	22.5	22.3	21.4	24.4	24.9	20.9	21.7
All individuals.....	26.1	25.5	23.2	26.5	27.1	23.0	24.5

† See "Statistical notes," Appendix B.
Excludes breast-fed children

Continued

Table 8.--Food away from home: Mean percentages of nutrient intake contributed by foods obtained and eaten away from home, by sex and age, 1 day, 1995--continued

Sex and age (years)	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Calcium	Phosphorus
----- Percent -----							
Males and females:							
Under 1.....	† 4.5	† 5.1	† 5.9	† 5.1	† 3.1	† 3.5	† 4.2
1-2.....	12.8	15.9	14.0	13.5	13.9	12.8	14.3
3-5.....	18.7	19.8	18.5	17.4	20.3	20.2	20.6
5 and under.....	14.8	16.5	15.4	14.5	15.9	15.5	16.3
Males:							
6-11.....	26.6	25.2	24.7	23.2	28.9	29.6	28.2
12-19.....	27.7	28.4	25.6	26.1	29.0	29.5	29.5
20-29.....	36.9	39.9	37.1	36.9	40.4	38.9	40.4
30-39.....	31.1	34.1	33.2	32.8	33.5	31.6	33.7
40-49.....	25.8	29.0	25.8	24.6	28.3	25.8	27.5
50-59.....	26.2	28.1	25.4	25.1	29.4	26.2	27.6
60-69.....	19.7	21.9	20.3	19.9	22.0	19.3	21.5
70 and over.....	11.6	13.7	11.5	10.8	13.9	11.8	13.4
20 and over.....	27.6	30.3	28.0	27.5	30.3	28.1	29.9
Females:							
6-11.....	30.8	30.8	28.7	28.7	31.9	33.9	32.7
12-19.....	25.4	27.7	25.4	24.6	27.5	27.4	27.5
20-29.....	29.9	33.1	31.2	30.2	29.1	30.2	30.9
30-39.....	25.3	26.3	25.0	26.3	26.7	26.0	26.6
40-49.....	21.0	22.7	22.1	21.0	22.2	21.4	22.3
50-59.....	19.9	21.4	19.5	18.9	22.7	19.5	21.4
60-69.....	13.7	15.0	13.4	13.3	14.9	14.0	14.9
70 and over.....	11.1	13.1	11.7	10.6	12.9	10.7	12.5
20 and over.....	21.4	23.2	21.8	21.4	22.6	21.7	22.7
All individuals.....	24.2	26.0	24.2	23.7	26.0	25.0	25.9

† See "Statistical notes," Appendix B.
Excludes breast-fed children

Continued

Table 8.--Food away from home: Mean percentages of nutrient intake contributed by foods obtained and eaten away from home, by sex and age, 1 day, 1995--continued

Sex and age (years)	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
----- Percent -----						
Males and females:						
Under 1.....	† 5.7	† 4.6	† 4.9	† 5.0	7.1	† 5.1
1-2.....	14.4	14.6	14.2	16.1	16.9	15.0
3-5.....	20.4	18.5	19.6	21.2	21.7	21.4
5 and under.....	16.5	15.4	15.9	17.4	18.2	17.1
Males:						
6-11.....	27.1	24.8	26.9	27.7	28.1	28.8
12-19.....	27.6	27.4	28.7	29.6	30.6	28.5
20-29.....	38.6	38.6	40.8	40.2	41.8	39.5
30-39.....	33.3	32.8	33.4	34.1	35.2	34.4
40-49.....	26.4	27.1	27.8	27.2	30.2	26.7
50-59.....	25.7	26.5	27.3	26.5	30.3	26.2
60-69.....	20.8	20.6	21.8	21.3	23.4	21.3
70 and over.....	12.0	12.4	13.3	12.9	14.8	12.7
20 and over.....	28.7	28.9	30.0	29.7	31.8	29.4
Females:						
6-11.....	31.6	29.1	31.0	32.1	32.8	32.7
12-19.....	26.3	25.1	26.2	28.0	27.7	26.9
20-29.....	30.9	30.5	30.4	31.4	33.3	31.8
30-39.....	25.9	25.6	26.3	27.2	28.2	26.6
40-49.....	21.1	21.0	21.9	21.8	24.5	22.0
50-59.....	18.8	20.4	22.2	20.6	23.0	18.9
60-69.....	13.8	13.4	14.6	14.4	16.5	13.9
70 and over.....	11.4	11.7	12.3	12.3	13.6	11.6
20 and over.....	21.6	21.7	22.5	22.7	24.5	22.2
All individuals.....	24.9	24.6	25.6	25.9	27.5	25.6

† See "Statistical notes," Appendix B.

Excludes breast-fed children

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1995.

Table 9.1.--Grain products: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1995

Sex and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
	<i>Percent</i>	<i>----- Grams -----</i>									
Males and females:											
Under 1.....	1.2	61	† 4	30	† 1	† 1	† 1	† *	3	† 1	23
1-2.....	3.0	208	21	55	14	12	11	11	19	7	95
3-5.....	4.8	248	38	65	23	13	7	14	30	9	93
5 and under.....	8.9	210	28	57	17	11	8	11	23	7	84
Males:											
6-11.....	4.6	341	45	97	30	27	16	21	46	18	115
12-19.....	5.8	364	54	84	30	† 33	† 10	21	43	22	139
20-29.....	7.8	419	62	107	19	† 48	† 34	15	34	19	182
30-39.....	7.7	411	57	75	13	39	† 16	31	63	15	170
40-49.....	7.2	337	63	87	15	30	32	27	37	14	109
50-59.....	4.3	338	65	88	14	27	† 21	28	48	14	95
60-69.....	3.3	315	65	88	17	24	† 21	24	45	14	79
70 and over.....	3.4	280	56	106	18	17	† 22	19	47	7	45
20 and over.....	33.9	365	61	91	16	34	25	24	46	15	128
Females:											
6-11.....	4.4	286	46	54	17	12	† 15	21	51	14	100
12-19.....	5.6	296	37	52	18	16	† 17	14	35	16	143
20-29.....	7.0	313	40	90	17	44	† 21	8	33	13	128
30-39.....	8.8	254	44	61	10	22	† 12	12	33	11	93
40-49.....	6.6	242	45	64	12	24	16	24	34	10	64
50-59.....	5.4	257	51	59	13	15	14	16	36	13	82
60-69.....	4.1	221	48	68	12	13	12	15	35	9	47
70 and over.....	4.9	230	46	72	15	13	† 12	17	35	5	54
20 and over.....	36.8	257	45	69	13	23	15	15	34	10	83
All individuals.....	100.0	303	49	76	17	26	18	19	39	13	107

* Value less than 0.5 but greater than 0.

† See "Statistical notes," Appendix B.

Excludes breast-fed children

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1995.

Table 9.2.--Vegetables: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1995

Sex and age (years)	Percentage of population	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce-based salads	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
<i>Percent</i>			<i>Grams</i>								
Males and females:											
Under 1.....	1.2	49	† 3	*	† 2	† 14	0	0	8	† 2	21
1-2.....	3.0	83	26	12	4	6	9	† 1	7	10	20
3-5.....	4.8	92	37	17	3	5	11	3	6	12	15
5 and under.....	8.9	83	29	13	4	7	9	2	6	10	18
Males:											
6-11.....	4.6	111	44	24	† 3	4	20	5	† 3	9	23
12-19.....	5.8	202	92	44	† 8	† 10	24	14	† 5	15	34
20-29.....	7.8	214	72	42	† 12	† 2	39	15	† 4	† 16	54
30-39.....	7.7	264	102	40	† 24	6	33	16	† 5	† 8	69
40-49.....	7.2	213	65	24	11	8	39	21	6	16	47
50-59.....	4.3	288	83	28	20	10	37	22	19	† 21	76
60-69.....	3.3	258	73	21	19	12	42	19	11	13	71
70 and over.....	3.4	234	63	12	10	15	33	15	15	16	67
20 and over.....	33.9	241	78	31	16	8	37	18	8	15	62
Females:											
6-11.....	4.4	108	44	26	† 4	† 4	15	6	4	11	20
12-19.....	5.6	144	71	30	† 5	† 2	12	11	4	10	30
20-29.....	7.0	176	59	26	10	† 9	32	† 13	† 7	† 8	37
30-39.....	8.8	170	51	22	14	7	28	17	† 5	† 10	38
40-49.....	6.6	172	49	17	11	6	21	17	7	10	52
50-59.....	5.4	208	45	11	17	13	32	17	6	8	70
60-69.....	4.1	215	51	8	19	11	27	16	10	13	67
70 and over.....	4.9	220	47	6	25	16	27	12	11	13	69
20 and over.....	36.8	189	51	16	15	10	28	16	7	10	52
All individuals.....	100.0	188	61	24	12	8	27	14	7	12	47

* Value less than 0.5 but greater than 0.

† See "Statistical notes," Appendix B.

Excludes breast-fed children

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1995.

Table 9.3.--Fruits: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1995

Sex and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
	<i>Percent</i>		<i>----- Grams -----</i>								
Males and females:											
Under 1.....	1.2	123	† *	† *	0	123	† 11	† 4	† 1	37	69
1-2.....	3.0	260	56	50	† 1	199	22	20	9	21	128
3-5.....	4.8	219	64	49	† 1	152	29	13	13	21	77
5 and under.....	8.9	221	53	43	1	164	25	14	10	23	93
Males:											
6-11.....	4.6	219	90	78	† *	125	34	11	† 16	21	42
12-19.....	5.8	210	115	108	† 2	90	15	† 9	† 24	11	30
20-29.....	7.8	164	103	94	† *	60	† 17	12	† 8	† 6	17
30-39.....	7.7	134	70	63	† *	61	17	17	† 11	† 8	† 8
40-49.....	7.2	165	68	60	† 1	96	14	19	† 22	16	† 24
50-59.....	4.3	190	78	68	† 1	110	22	20	28	23	† 16
60-69.....	3.3	205	73	53	† *	130	22	35	† 35	30	† 9
70 and over.....	3.4	212	80	62	4	127	20	32	24	31	20
20 and over.....	33.9	170	80	69	1	88	18	20	19	16	16
Females:											
6-11.....	4.4	172	66	55	† *	105	28	8	10	20	39
12-19.....	5.6	167	59	54	† *	107	† 6	† 4	† 26	† 18	† 53
20-29.....	7.0	116	58	51	† *	56	† 8	† 12	† 4	† 11	† 21
30-39.....	8.8	125	56	50	† *	69	17	12	† 9	13	19
40-49.....	6.6	162	65	54	† 1	94	15	16	† 36	18	† 8
50-59.....	5.4	163	73	59	† 1	88	16	23	23	23	† 4
60-69.....	4.1	186	69	51	† 1	113	29	22	22	26	13
70 and over.....	4.9	218	84	57	2	127	22	29	21	39	17
20 and over.....	36.8	155	66	53	1	87	17	18	18	20	14
All individuals.....	100.0	173	73	62	1	98	18	16	18	18	27

* Value less than 0.5 but greater than 0.

† See "Statistical notes," Appendix B.

Excludes breast-fed children

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1995.

Table 9.4.--Milk and milk products: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1995

Sex and age (years)	Percentage of population	Total	Milk, milk drinks, yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
<i>Percent</i>		<i>----- Grams -----</i>								
Males and females:										
Under 1.....	1.2	777	771	† 36	† 19	† 13	0	0	† 5	† 1
1-2.....	3.0	477	453	410	274	121	12	11	16	8
3-5.....	4.8	392	354	316	132	163	17	8	25	11
5 and under.....	8.9	471	441	311	165	129	13	8	20	9
Males:										
6-11.....	4.6	442	400	338	128	164	36	† 4	29	12
12-19.....	5.8	448	396	326	105	176	† 44	† 3	29	20
20-29.....	7.8	242	197	191	57	96	† 33	† 1	20	21
30-39.....	7.7	287	223	178	82	76	† 18	† 10	† 44	12
40-49.....	7.2	274	217	206	57	97	51	† 5	34	18
50-59.....	4.3	228	171	145	38	65	40	† 6	33	17
60-69.....	3.3	244	189	170	30	80	57	† 8	37	12
70 and over.....	3.4	276	222	201	51	110	38	† 6	37	12
20 and over.....	33.9	261	206	184	57	88	37	6	34	16
Females:										
6-11.....	4.4	370	330	275	93	146	† 28	† 3	26	13
12-19.....	5.6	289	235	209	71	107	30	† 3	37	13
20-29.....	7.0	224	185	154	57	38	55	† 8	21	13
30-39.....	8.8	203	158	129	28	63	37	14	23	17
40-49.....	6.6	184	129	105	31	50	23	12	37	12
50-59.....	5.4	195	147	126	19	48	58	15	26	18
60-69.....	4.1	198	150	131	20	63	46	11	33	11
70 and over.....	4.9	221	177	160	28	84	46	† 6	26	14
20 and over.....	36.8	204	158	133	32	57	43	11	27	15
All individuals.....	100.0	284	236	197	66	92	37	7	29	15

† See "Statistical notes," Appendix B.

Excludes breast-fed children

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1995.

Table 9.5.--Meat, poultry, and fish: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1995

Sex and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
	<i>Percent</i>	<i>----- Grams -----</i>									
Males and females:											
Under 1.....	1.2	28	† *	0	† 1	0	† 1	† 4	† 1	0	22
1-2.....	3.0	81	7	4	† *	0	15	13	12	4	37
3-5.....	4.8	106	11	5	† *	† *	23	19	18	2	44
5 and under.....	8.9	87	8	4	† *	† *	18	15	14	3	39
Males:											
6-11.....	4.6	161	18	7	† *	0	27	25	22	† 10	68
12-19.....	5.8	256	29	† 11	† 1	0	27	26	23	† 9	150
20-29.....	7.8	310	34	† 9	† 3	† 2	29	28	24	6	197
30-39.....	7.7	305	61	9	† *	0	30	34	30	† 24	142
40-49.....	7.2	277	40	18	1	† 3	28	31	27	† 6	142
50-59.....	4.3	291	41	16	† 1	† 2	28	36	29	19	141
60-69.....	3.3	254	30	16	† 1	† 2	24	30	26	21	124
70 and over.....	3.4	206	24	17	† 2	† 1	18	23	20	16	101
20 and over.....	33.9	283	41	14	† 1	† 2	27	31	27	14	149
Females:											
6-11.....	4.4	136	16	5	† *	† *	20	17	14	† 6	69
12-19.....	5.6	158	22	7	0	0	10	19	18	† 6	82
20-29.....	7.0	177	26	8	† 4	0	14	27	26	† 9	87
30-39.....	8.8	179	24	11	† *	0	18	15	14	13	93
40-49.....	6.6	167	20	10	† 1	† 1	17	22	20	10	82
50-59.....	5.4	163	22	12	† 1	† *	11	23	18	12	80
60-69.....	4.1	159	20	13	† 2	† 1	17	24	21	13	65
70 and over.....	4.9	145	10	10	† 1	† 1	12	24	20	11	75
20 and over.....	36.8	167	21	11	† 1	1	15	22	19	11	83
All individuals.....	100.0	202	27	10	1	† 1	21	24	21	11	104

* Value less than 0.5 but greater than 0.

† See "Statistical notes," Appendix B.

Excludes breast-fed children

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1995.

Table 9.6.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1995

Sex and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
	<i>Percent</i>	-----			<i>Grams</i>					
Males and females:										
Under 1.....	1.2	† 3	129	0	† *	† *	† *	† 1	† *	0
1-2.....	3.0	17	19	2	3	2	1	17	*	4
3-5.....	4.8	12	10	6	4	2	2	30	1	8
5 and under.....	8.9	13	28	4	3	2	1	22	*	5
Males:										
6-11.....	4.6	15	† 8	5	7	3	4	39	† 2	13
12-19.....	5.8	24	† 11	† 4	14	5	10	36	† 2	11
20-29.....	7.8	20	25	† 4	13	3	8	20	4	7
30-39.....	7.7	20	57	† 3	21	† 7	9	35	4	4
40-49.....	7.2	26	22	† 4	20	4	14	21	5	6
50-59.....	4.3	29	19	5	19	5	11	31	5	9
60-69.....	3.3	27	† 45	4	18	6	9	26	5	4
70 and over.....	3.4	22	37	3	15	5	7	23	4	† 4
20 and over.....	33.9	23	34	4	18	5	10	26	4	6
Females:										
6-11.....	4.4	15	† 8	5	8	3	4	42	1	12
12-19.....	5.6	17	† 17	† 4	9	3	6	33	† 1	11
20-29.....	7.0	13	† 11	† 2	13	2	10	14	3	† 8
30-39.....	8.8	19	20	† 3	15	3	10	20	5	5
40-49.....	6.6	16	22	† 2	17	3	11	21	4	† 9
50-59.....	5.4	17	27	3	16	4	9	19	3	6
60-69.....	4.1	19	21	2	17	4	10	16	3	3
70 and over.....	4.9	11	21	2	14	5	7	19	3	3
20 and over.....	36.8	16	20	3	15	3	9	18	3	6
All individuals.....	100.0	19	24	4	14	4	8	25	3	7

* Value less than 0.5 but greater than 0.

† See "Statistical notes," Appendix B.

Excludes breast-fed children

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1995.

Table 9.7.--Beverages: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1995

Sex and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
<i>Percent</i>		<i>----- Grams -----</i>												
Males and females:														
Under 1.....	1.2	† 10	0	0	0	† 10	0	0	† 6	† 6	0	† 4	† 4	0
1-2.....	3.0	172	0	0	0	172	0	25	102	93	† 7	45	41	† 3
3-5.....	4.8	283	0	0	0	283	† 1	23	159	152	† 4	99	86	12
5 and under.....	8.9	210	0	0	0	210	† *	21	120	113	† 4	69	60	7
Males:														
6-11.....	4.6	460	0	0	0	460	† 1	38	179	160	† 19	241	221	† 20
12-19.....	5.8	945	† 58	† 2	† 56	888	† 27	† 112	187	152	† 35	560	542	19
20-29.....	7.8	1,437	308	† 3	287	1,130	228	148	151	96	55	602	557	† 45
30-39.....	7.7	1,323	217	† 17	192	1,106	359	233	69	55	† 13	446	360	86
40-49.....	7.2	1,437	238	† 17	214	1,198	462	190	97	86	† 9	440	311	129
50-59.....	4.3	1,284	155	17	125	1,129	608	137	103	† 71	† 31	279	165	114
60-69.....	3.3	992	98	24	67	894	507	139	58	46	† 12	189	97	92
70 and over.....	3.4	738	76	11	56	661	391	118	† 42	33	† 8	107	51	56
20 and over.....	33.9	1,276	208	14	184	1,068	400	171	94	70	24	400	313	87
Females:														
6-11.....	4.4	400	0	0	0	400	† 2	40	138	126	† 11	221	200	† 20
12-19.....	5.6	669	† 7	† 1	† 6	661	† 6	92	167	133	† 32	394	354	37
20-29.....	7.0	980	116	† 11	82	864	166	139	93	88	† 3	464	320	144
30-39.....	8.8	992	55	† 17	† 33	937	346	159	49	44	† 5	382	254	128
40-49.....	6.6	1,020	47	17	† 23	973	343	209	79	† 59	† 20	342	180	159
50-59.....	5.4	978	85	22	† 53	893	457	149	55	40	† 12	232	95	137
60-69.....	4.1	795	36	16	† 13	759	385	211	35	25	† 8	127	73	54
70 and over.....	4.9	605	16	† 3	† 8	589	340	135	31	26	† 4	81	44	37
20 and over.....	36.8	919	62	15	38	857	331	165	60	50	9	300	182	118
All individuals.....	100.0	921	97	10	80	823	260	136	99	81	17	327	248	78

* Value less than 0.5 but greater than 0.

† See "Statistical notes," Appendix B.

Excludes breast-fed children

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1995.

Table 10.1.--Grain products: Percentages of individuals consuming foods from various food groups, by sex and age, 1 day, 1995

Sex and age (years)	Percentage of population	Total	Yeast breads and rolls	Cereals and pasta				Quick breads, pancakes, french toast	Cakes, cookies, pastries, pies	Crackers, popcorn, pretzels, corn chips	Mixtures mainly grain
				Total	Ready- to-eat cereals	Rice	Pasta				
	<i>Percent</i>										
----- <i>Percent</i> -----											
Males and females:											
Under 1.....	1.2	69.5	† 9.3	60.4	† 9.2	† .7	† 1.9	† .3	16.6	† 6.9	15.9
1-2.....	3.0	† 98.3	53.8	69.6	49.4	12.0	9.8	26.9	47.1	39.6	49.7
3-5.....	4.8	† 100.0	70.0	68.3	53.5	11.9	5.6	29.0	55.0	33.4	46.9
5 and under.....	8.9	95.5	56.7	67.7	46.4	10.5	6.5	24.6	47.4	32.1	43.8
Males:											
6-11.....	4.6	† 100.0	74.0	69.4	53.2	15.7	9.2	31.2	55.4	37.6	47.9
12-19.....	5.8	† 98.3	63.6	42.2	32.2	9.8	† 3.5	20.7	39.6	31.2	40.8
20-29.....	7.8	† 95.0	63.1	33.7	19.8	11.4	9.5	16.6	34.9	28.9	42.7
30-39.....	7.7	† 97.9	64.3	32.0	15.6	12.1	† 4.8	26.2	38.8	28.1	40.7
40-49.....	7.2	† 96.2	68.4	38.9	19.6	12.4	9.6	24.2	33.2	26.7	31.7
50-59.....	4.3	† 96.8	66.0	38.4	19.9	10.8	6.0	26.7	37.3	27.9	27.5
60-69.....	3.3	† 97.5	75.7	48.6	29.1	11.2	7.4	25.9	41.6	26.6	20.7
70 and over.....	3.4	† 98.9	73.9	61.5	37.1	9.3	6.7	19.0	42.6	22.6	15.2
20 and over.....	33.9	96.8	67.2	39.3	21.5	11.4	7.5	22.9	37.2	27.3	33.0
Females:											
6-11.....	4.4	† 98.9	74.8	56.9	43.8	9.8	6.0	26.3	57.6	34.0	49.6
12-19.....	5.6	† 98.2	59.5	43.5	32.7	6.6	8.4	17.9	42.9	31.4	46.1
20-29.....	7.0	† 94.9	56.8	48.1	26.3	17.3	7.6	13.2	36.5	25.8	38.0
30-39.....	8.8	† 97.0	66.8	37.9	17.6	11.0	6.3	17.6	36.1	30.3	39.3
40-49.....	6.6	† 96.9	62.6	39.8	19.7	12.4	8.9	28.0	38.9	27.6	26.2
50-59.....	5.4	† 96.8	75.0	42.8	24.7	8.4	7.2	22.0	36.6	33.6	30.3
60-69.....	4.1	† 98.4	73.8	56.2	32.1	10.2	6.8	22.1	40.7	30.1	19.2
70 and over.....	4.9	† 99.0	74.5	55.1	34.5	8.7	6.0	23.0	42.6	22.5	18.4
20 and over.....	36.8	97.0	67.2	45.2	24.5	11.7	7.2	20.5	38.1	28.4	30.3
All individuals.....	100.0	97.2	66.3	46.6	28.5	11.2	7.1	22.3	40.6	29.3	35.6

† See "Statistical notes," Appendix B.

Excludes breast-fed children

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1995.

Table 10.2.--Vegetables: Percentages of individuals consuming foods from various food groups, by sex and age, 1 day, 1995

Sex and age (years)	Percentage of population	Total	White potatoes		Dark-green vegetables	Deep-yellow vegetables	Tomatoes	Lettuce, lettuce- based salads	Green beans	Corn, green peas, lima beans	Other vegetables
			Total	Fried							
<i>Percent</i>			<i>Percent</i>								
Males and females:											
Under 1.....	1.2	38.8	† 5.9	† 1.4	† 4.2	19.9	† 0.0	† 0.0	† 8.3	† 3.9	17.2
1-2.....	3.0	76.2	41.5	27.4	7.9	9.7	22.9	4.6	13.0	14.5	23.3
3-5.....	4.8	83.1	50.0	36.5	6.4	10.1	34.0	9.6	10.9	17.7	26.4
5 and under.....	8.9	75.0	41.4	28.9	6.6	11.2	25.9	6.6	11.3	14.8	24.2
Males:											
6-11.....	4.6	80.6	46.6	38.2	† 5.2	13.1	40.3	15.0	† 5.2	11.6	35.1
12-19.....	5.8	79.0	49.8	39.4	† 4.5	8.6	38.9	20.2	† 4.0	10.1	36.4
20-29.....	7.8	85.3	48.6	39.7	7.2	6.3	43.4	27.3	† 4.0	10.1	41.8
30-39.....	7.7	88.1	52.5	34.2	15.8	12.6	39.9	23.7	† 5.2	† 4.9	53.1
40-49.....	7.2	88.3	43.9	27.9	10.0	12.6	47.5	28.8	6.1	12.7	52.0
50-59.....	4.3	83.7	42.7	23.0	14.2	14.6	40.3	26.5	10.7	11.1	50.4
60-69.....	3.3	88.2	45.7	21.2	14.3	16.6	41.6	29.8	9.4	11.9	52.1
70 and over.....	3.4	83.2	44.7	15.0	10.8	19.9	36.1	25.8	14.0	16.6	49.8
20 and over.....	33.9	86.4	47.1	29.4	11.7	12.5	42.2	26.8	7.1	10.4	49.5
Females:											
6-11.....	4.4	79.1	47.8	35.9	5.8	11.4	35.4	16.4	6.4	13.7	27.7
12-19.....	5.6	76.0	46.3	31.2	† 3.3	8.9	27.7	22.2	† 5.1	7.6	29.5
20-29.....	7.0	80.7	44.3	30.2	11.1	11.8	39.9	21.7	8.4	7.1	42.2
30-39.....	8.8	78.8	38.6	22.9	10.7	13.6	41.4	27.3	5.4	10.3	38.6
40-49.....	6.6	85.8	42.4	23.2	9.8	11.1	40.6	27.9	7.5	11.5	48.1
50-59.....	5.4	84.6	34.2	15.7	13.8	17.5	37.2	28.1	7.1	9.3	54.6
60-69.....	4.1	87.9	41.4	12.7	14.2	17.6	38.9	34.2	9.8	14.7	57.6
70 and over.....	4.9	85.9	37.2	7.0	20.0	20.8	33.5	22.7	12.8	16.2	53.3
20 and over.....	36.8	83.2	39.8	20.0	12.7	14.8	39.0	26.6	8.1	11.0	47.4
All individuals.....	100.0	82.6	44.0	27.3	10.2	12.8	38.2	23.3	7.4	11.1	43.0

† See "Statistical notes," Appendix B.

Excludes breast-fed children

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1995.

Table 10.3.--Fruits: Percentages of individuals consuming foods from various food groups, by sex and age, 1 day, 1995

Sex and age (years)	Percentage of population	Total	Citrus fruits and juices		Dried fruits	Other fruits, mixtures, and juices					
			Total	Juices		Total	Apples	Bananas	Melons and berries	Other fruits and mixtures mainly fruit	Noncitrus juices and nectars
<i>Percent</i>		----- <i>Percent</i> -----									
Males and females:											
Under 1.....	1.2	59.5	†.7	†.7	†0.0	58.8	†11.1	†5.2	†2.0	25.9	36.6
1-2.....	3.0	76.9	26.3	20.7	4.7	66.6	23.1	19.4	7.2	20.6	39.0
3-5.....	4.8	73.1	32.9	22.7	2.6	59.0	23.0	12.9	8.2	19.4	26.4
5 and under.....	8.9	72.6	26.5	19.1	3.0	61.6	21.5	14.1	7.1	20.6	32.0
Males:											
6-11.....	4.6	62.2	30.9	25.4	†1.2	46.4	21.2	9.3	†4.5	17.3	11.2
12-19.....	5.8	47.1	26.4	23.9	†1.8	29.4	9.8	†5.6	†5.5	6.4	7.8
20-29.....	7.8	44.3	28.3	25.7	†1.3	25.9	9.6	8.7	†3.5	†5.3	†4.3
30-39.....	7.7	37.4	20.0	14.4	†.4	24.1	9.3	12.9	†4.2	6.4	†2.0
40-49.....	7.2	47.0	21.9	15.9	†1.7	32.1	8.1	12.2	7.5	12.5	5.9
50-59.....	4.3	56.7	27.7	21.6	†1.3	42.1	12.6	14.7	12.0	15.8	4.8
60-69.....	3.3	65.2	33.4	24.1	†1.7	50.0	13.8	29.6	11.9	18.4	†2.8
70 and over.....	3.4	70.5	40.4	29.7	8.0	56.8	13.7	29.4	11.7	19.5	8.1
20 and over.....	33.9	49.6	26.7	20.8	1.9	34.4	10.4	15.3	7.3	11.2	4.4
Females:											
6-11.....	4.4	63.6	28.0	21.9	†.4	49.3	18.4	6.9	10.1	16.1	14.3
12-19.....	5.6	44.4	19.7	15.2	†.6	30.4	†3.5	†2.8	7.1	12.3	12.6
20-29.....	7.0	43.5	21.9	17.1	†1.8	24.7	†5.6	8.1	†3.0	8.9	†5.2
30-39.....	8.8	47.5	22.2	17.0	†.8	33.3	10.8	9.5	5.2	9.6	6.7
40-49.....	6.6	51.3	25.3	19.0	†2.7	37.4	11.1	13.9	12.1	12.9	†3.5
50-59.....	5.4	56.5	30.9	23.0	†1.9	40.7	9.8	17.9	12.4	14.3	†1.5
60-69.....	4.1	66.6	35.1	26.2	†2.3	51.0	21.1	22.1	14.2	19.3	4.8
70 and over.....	4.9	74.0	41.0	31.2	4.2	58.9	15.6	27.9	10.6	25.1	6.0
20 and over.....	36.8	54.4	27.9	21.2	2.1	38.9	11.5	15.1	8.8	13.9	4.8
All individuals.....	100.0	54.2	27.0	20.9	1.9	39.2	12.2	13.2	7.7	13.3	8.4

† See "Statistical notes," Appendix B.

Excludes breast-fed children

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1995.

Table 10.4.--Milk and milk products: Percentages of individuals consuming foods from various food groups, by sex and age, 1 day, 1995

Sex and age (years)	Percentage of population	Total	Milk, milk drinks, yogurt						Milk desserts	Cheese
			Total	Fluid milk				Yogurt		
				Total	Whole	Low fat	Skim			
<i>Percent</i>		<i>----- Percent -----</i>								
Males and females:										
Under 1.....	1.2	85.1	85.1	† 7.8	† 4.7	† 3.1	† 0.0	† 0.0	† 4.3	† 8.2
1-2.....	3.0	91.3	88.4	85.0	54.4	27.9	4.1	7.9	18.2	26.9
3-5.....	4.8	92.7	84.9	81.8	36.9	44.3	5.8	5.7	23.8	33.2
5 and under.....	8.9	91.3	86.1	73.3	38.6	33.4	4.5	5.7	19.3	27.9
Males:										
6-11.....	4.6	92.5	87.7	82.0	34.3	43.3	10.5	† 2.0	22.5	31.9
12-19.....	5.8	82.2	69.0	62.8	27.6	31.1	6.8	† 1.9	12.7	36.9
20-29.....	7.8	69.5	41.6	40.3	12.3	22.7	† 5.7	† .4	11.1	40.8
30-39.....	7.7	70.5	51.7	48.4	20.2	23.5	† 4.0	† 3.4	22.3	24.9
40-49.....	7.2	78.1	52.0	50.5	17.2	22.1	13.6	† 2.9	19.2	35.0
50-59.....	4.3	73.4	49.2	45.9	11.9	25.3	10.2	† 2.9	17.9	31.9
60-69.....	3.3	79.7	61.7	58.2	12.6	27.2	15.8	† 3.1	22.2	26.2
70 and over.....	3.4	87.3	72.4	68.9	16.8	38.9	13.6	3.8	24.1	29.0
20 and over.....	33.9	74.9	52.2	49.7	15.6	25.1	9.4	2.6	18.6	32.2
Females:										
6-11.....	4.4	91.6	80.1	74.7	29.0	41.8	7.8	† 1.8	19.6	29.7
12-19.....	5.6	74.5	56.7	52.6	15.6	28.1	10.2	† 2.6	20.2	33.4
20-29.....	7.0	77.9	54.9	48.9	16.9	16.3	15.4	† 3.7	12.5	33.9
30-39.....	8.8	74.5	51.5	46.6	14.3	21.1	13.2	7.0	14.8	36.9
40-49.....	6.6	74.7	52.7	48.3	14.8	23.1	11.3	5.6	19.9	28.6
50-59.....	5.4	78.0	56.5	52.0	10.3	20.4	20.4	7.4	17.6	35.3
60-69.....	4.1	81.6	62.9	60.5	14.7	29.0	19.1	5.5	23.0	28.5
70 and over.....	4.9	82.7	65.1	62.9	15.1	32.2	18.1	† 3.3	19.3	30.0
20 and over.....	36.8	77.6	56.2	51.9	14.4	22.8	15.6	5.5	17.2	32.8
All individuals.....	100.0	79.3	60.8	56.1	19.4	27.1	11.1	3.8	18.1	32.2

† See "Statistical notes," Appendix B.

Excludes breast-fed children

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1995.

Table 10.5.--Meat, poultry, and fish: Percentages of individuals consuming foods from various food groups, by sex and age, 1 day, 1995

Sex and age (years)	Percentage of population	Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures mainly meat, poultry, fish
								Total	Chicken		
<i>Percent</i>		<i>----- Percent -----</i>									
Males and females:											
Under 1.....	1.2	34.6	† .7	† 0.0	† .8	† 0.0	† 4.9	† 8.4	† 4.9	† 0.0	19.7
1-2.....	3.0	81.2	15.8	10.3	† .3	† 0.0	31.4	25.7	24.5	5.8	31.4
3-5.....	4.8	88.7	18.3	11.7	† .2	† .3	38.2	26.9	24.3	4.3	32.2
5 and under.....	8.9	79.2	15.2	9.7	† .3	† .1	31.6	24.1	21.9	4.2	30.3
Males:											
6-11.....	4.6	88.5	22.0	10.3	† .3	† 0.0	40.8	25.9	21.9	9.0	38.0
12-19.....	5.8	88.8	22.7	16.2	† .6	† 0.0	31.3	18.8	17.3	† 5.7	40.9
20-29.....	7.8	90.3	22.5	10.2	† 2.3	† 1.5	35.4	21.3	18.5	† 5.9	49.9
30-39.....	7.7	91.0	30.8	11.5	† .6	† 0.0	30.9	23.2	21.6	13.4	40.8
40-49.....	7.2	90.4	30.0	20.1	† 1.3	† 1.5	34.4	22.9	21.5	4.5	37.3
50-59.....	4.3	92.6	27.4	22.6	† .9	† 1.0	29.3	23.8	17.9	10.6	45.4
60-69.....	3.3	91.4	25.1	23.4	† .6	† 1.5	30.7	25.8	21.1	11.2	37.1
70 and over.....	3.4	93.9	20.2	24.4	† 1.8	† 1.1	28.2	19.9	17.3	12.9	38.9
20 and over.....	33.9	91.3	26.6	16.9	1.3	1.1	32.2	22.7	19.9	9.1	42.2
Females:											
6-11.....	4.4	84.8	18.9	12.7	† .6	† .3	35.4	18.8	15.8	7.9	31.1
12-19.....	5.6	80.1	23.2	13.9	† 0.0	† 0.0	19.5	20.8	18.5	† 5.8	33.2
20-29.....	7.0	82.0	20.4	14.8	† 1.9	† 0.0	23.7	29.0	26.8	† 3.5	32.4
30-39.....	8.8	85.1	25.9	14.7	† .5	† 0.0	26.0	15.5	13.5	8.2	35.9
40-49.....	6.6	87.9	20.8	16.5	† .9	† 1.0	28.9	24.3	20.6	8.4	32.5
50-59.....	5.4	83.8	21.9	20.0	† .9	† .5	20.4	23.6	18.2	10.2	29.7
60-69.....	4.1	93.1	20.7	23.4	† 1.7	† 1.9	29.1	26.6	23.4	11.2	31.9
70 and over.....	4.9	86.7	13.3	18.1	† .5	† 1.0	23.7	24.1	21.4	10.7	34.1
20 and over.....	36.8	85.9	21.1	17.3	1.0	† .6	25.3	23.2	20.1	8.3	33.0
All individuals.....	100.0	87.0	22.6	15.7	.9	.6	29.4	22.7	19.9	7.9	36.5

† See "Statistical notes," Appendix B.

Excludes breast-fed children

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1995.

Table 10.6.--Eggs; legumes; nuts and seeds; fats and oils; sugars and sweets: Percentages of individuals consuming foods from various food groups, by sex and age, 1 day, 1995

Sex and age (years)	Percentage of population	Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
	<i>Percent</i>	<i>----- Percent -----</i>								
Males and females:										
Under 1.....	1.2	† 4.3	23.2	† 0.0	† 4.7	† 1.3	† 3.5	† 3.1	† .9	† 0.0
1-2.....	3.0	27.2	11.4	14.8	37.2	29.1	11.0	46.1	7.8	15.8
3-5.....	4.8	18.0	10.7	23.5	43.6	27.8	19.3	59.8	11.0	25.0
5 and under.....	8.9	19.3	12.6	17.5	36.4	24.8	14.4	47.9	8.6	18.7
Males:										
6-11.....	4.6	18.4	9.1	13.8	46.5	25.4	26.6	62.7	13.2	30.4
12-19.....	5.8	17.7	9.6	8.7	47.3	29.8	27.2	49.9	18.6	17.9
20-29.....	7.8	16.2	11.5	7.1	47.9	21.6	26.0	38.5	19.5	12.0
30-39.....	7.7	18.8	17.8	6.6	51.1	28.9	26.6	47.3	30.7	10.3
40-49.....	7.2	21.9	15.4	6.9	59.2	31.5	35.7	52.4	36.3	12.3
50-59.....	4.3	24.5	11.1	10.3	63.3	33.8	30.1	62.1	39.3	18.9
60-69.....	3.3	26.7	12.8	9.3	69.8	47.8	34.2	60.2	43.5	11.0
70 and over.....	3.4	28.5	16.5	9.4	68.1	47.1	30.3	67.2	45.9	8.9
20 and over.....	33.9	21.3	14.3	7.8	57.2	32.1	30.0	51.5	33.2	12.1
Females:										
6-11.....	4.4	17.5	7.8	16.5	49.8	30.8	26.5	59.7	17.2	29.1
12-19.....	5.6	18.0	10.0	9.6	44.5	24.6	28.0	42.8	11.4	18.0
20-29.....	7.0	16.1	11.6	9.1	46.2	20.3	26.0	47.3	27.2	14.5
30-39.....	8.8	20.3	17.6	6.0	59.2	25.4	35.0	55.1	34.0	11.5
40-49.....	6.6	19.1	15.1	5.2	63.1	30.3	37.4	59.1	37.9	15.7
50-59.....	5.4	17.9	15.9	8.2	64.3	41.7	32.2	58.6	37.1	15.4
60-69.....	4.1	22.6	14.0	8.2	68.3	41.2	34.4	55.6	41.7	9.9
70 and over.....	4.9	16.9	13.0	8.3	64.7	47.5	26.4	63.0	38.8	7.2
20 and over.....	36.8	18.7	14.8	7.3	60.0	32.4	32.1	56.0	35.4	12.7
All individuals.....	100.0	19.5	13.3	9.3	54.3	30.6	28.8	53.1	28.1	15.2

† See "Statistical notes," Appendix B.

Excludes breast-fed children

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1995.

Table 10.7.--Beverages: Percentages of individuals consuming foods from various food groups, by sex and age, 1 day, 1995

Sex and age (years)	Percentage of population	Total	Alcoholic			Nonalcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
<i>Percent</i>		----- <i>Percent</i> -----												
Males and females:														
Under 1.....	1.2	† 4.6	† 0.0	† 0.0	† 0.0	† 4.6	† 0.0	† 0.0	† 4.6	† 4.6	† 0.0	† 3.5	† 3.5	† 0.0
1-2.....	3.0	51.6	† 0.0	† 0.0	† 0.0	51.6	† 0.0	8.7	32.3	29.7	† 2.1	21.9	20.0	† 1.7
3-5.....	4.8	71.7	† 0.0	† 0.0	† 0.0	71.7	† .7	8.2	43.7	41.4	† 1.6	36.0	30.0	6.5
5 and under.....	8.9	56.2	† 0.0	† 0.0	† 0.0	56.2	† .4	7.3	34.8	32.7	1.5	27.0	23.2	4.0
Males:														
6-11.....	4.6	79.9	† 0.0	† 0.0	† 0.0	79.9	† .7	8.5	44.9	42.0	† 4.7	48.1	45.2	5.5
12-19.....	5.8	86.8	† 2.7	† .9	† 2.3	86.4	9.5	13.9	28.8	26.4	† 3.5	66.0	62.9	† 5.0
20-29.....	7.8	92.7	27.9	† 1.7	24.3	89.4	27.1	20.9	21.6	15.9	7.6	73.3	68.9	† 5.3
30-39.....	7.7	92.9	24.8	† 4.6	20.8	91.9	52.2	29.2	13.9	11.4	† 2.5	63.1	50.8	13.2
40-49.....	7.2	† 97.7	24.6	5.0	18.4	† 96.9	61.8	26.8	16.7	15.7	† 8	59.4	44.9	17.7
50-59.....	4.3	92.6	20.7	6.6	13.4	90.6	74.0	23.6	14.4	10.9	4.1	48.1	30.1	19.5
60-69.....	3.3	91.8	20.5	8.6	9.2	90.6	75.3	21.9	11.2	9.2	† 2.4	36.0	19.6	17.0
70 and over.....	3.4	92.1	16.3	5.6	6.8	91.0	72.7	25.1	11.4	10.1	† 1.2	25.2	13.8	11.4
20 and over.....	33.9	93.7	23.7	4.8	17.6	92.0	55.6	24.9	15.8	12.9	3.4	56.2	44.3	13.3
Females:														
6-11.....	4.4	73.4	† 0.0	† 0.0	† 0.0	73.4	† 1.0	12.7	37.9	35.7	† 2.5	44.9	41.3	5.2
12-19.....	5.6	85.6	† 2.3	† .4	† 1.4	85.6	† 2.2	20.4	27.8	23.0	6.1	57.8	52.2	8.2
20-29.....	7.0	91.1	16.6	† 4.2	10.3	87.8	24.4	23.9	18.0	17.6	† 1.4	64.3	48.0	19.2
30-39.....	8.8	92.1	12.0	5.9	† 4.2	91.3	49.0	29.7	10.9	10.2	† .7	57.8	40.6	18.4
40-49.....	6.6	93.6	12.1	6.9	† 3.3	92.6	57.4	31.7	13.2	10.2	† 2.9	57.4	31.2	27.5
50-59.....	5.4	94.3	14.6	6.7	4.8	93.0	68.3	31.4	12.4	9.7	† 2.1	41.8	22.4	20.0
60-69.....	4.1	92.1	15.5	9.4	† 2.2	91.4	70.2	32.8	12.3	9.7	† 2.0	30.3	17.9	12.8
70 and over.....	4.9	89.9	6.3	† 2.7	† 1.5	89.0	69.2	31.5	11.2	9.5	† 1.3	23.5	13.5	10.3
20 and over.....	36.8	92.2	12.9	5.9	4.7	90.8	53.8	29.8	13.1	11.4	1.7	49.0	31.5	18.7
All individuals.....	100.0	87.4	13.1	3.9	7.9	86.3	39.4	23.0	20.2	17.8	2.8	50.7	39.1	13.0

† See "Statistical notes," Appendix B.

Excludes breast-fed children

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1995.

Table 11.--Weight Status: Percentages of overweight individuals 20 years of age and older in the United States, by sex and age, 1995

Sex and age (years)	Percentage of population	Overweight
	<i>Percent</i>	<i>----- Percent -----</i>
Males:		
20-29.....	7.8	22.7
30-39.....	7.7	35.8
40-49.....	7.2	34.7
50-59.....	4.3	39.9
60-69.....	3.3	40.2
70 and over.....	3.4	24.2
20 and over.....	33.9	32.3
Females:		
20-29.....	7.0	20.3
30-39.....	8.8	25.0
40-49.....	6.6	39.2
50-59.....	5.4	39.0
60-69.....	4.1	35.3
70 and over.....	4.9	33.2
20 and over.....	36.8	31.1
All 20 and over.....	70.7	31.7

Excludes pregnant women.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1995.

Table 12.--Physical activity: Frequency of vigorous exercise among individuals 20 years of age and older, by sex and age, 1995

Sex and age (years)	Percentage of population	Daily	5 - 6 times per week	2 - 4 times per week	Once a week	1 - 3 times per month	Rarely	Don't know	Not ascertained	
	<i>Percent</i>	-----							<i>Percent</i>	
Males:										
20-29.....	7.8	30.7	9.1	31.6	9.2	† 4.6	14.3	† 0.0	.4	
30-39.....	7.7	25.3	11.4	29.8	9.6	† 3.4	20.4	† 0.0	0.0	
40-49.....	7.2	22.5	7.0	30.2	9.8	4.9	25.3	† 0.0	.3	
50-59.....	4.3	19.9	7.2	21.4	10.4	3.9	36.8	† 0.0	.2	
60-69.....	3.3	29.1	6.2	21.6	† 3.1	† 2.7	37.0	† 0.0	.4	
70 and over.....	3.4	21.3	† 3.3	17.4	5.0	† 2.8	49.5	† 0.0	.7	
20 and over.....	33.9	25.2	8.1	27.2	8.6	4.0	26.7	† 0.0	.3	
Females:										
20-29.....	7.0	11.5	† 5.6	32.0	9.9	† 6.4	34.2	† 0.0	.4	
30-39.....	8.8	13.3	7.6	31.5	9.9	7.4	30.4	† 0.0	0.0	
40-49.....	6.6	13.0	† 4.4	24.4	11.1	8.1	39.0	† 0.0	0.0	
50-59.....	5.4	14.4	9.5	20.3	6.7	6.4	42.7	† 0.0	0.0	
60-69.....	4.1	16.4	† 4.0	12.9	6.3	† 3.7	56.6	† 0.0	0.0	
70 and over.....	4.9	10.3	† 3.3	8.4	† 2.9	† 1.8	72.5	† 0.0	.9	
20 and over.....	36.8	13.0	5.9	23.5	8.3	6.0	43.0	† 0.0	.2	
All 20 and over.....	70.7	18.9	7.0	25.3	8.4	5.0	35.2	† 0.0	.2	

† See "Statistical notes," Appendix B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1995.

**Table 13.--Perceived diet quality: Self-assessment of nutrient intake among individuals
20 years of age and older, by sex, 1995**

Nutrient	Too low	Too high	About right	Don't know
----- <i>Percent</i> -----				
Men: (N = 987)				
Calories.....	6.2	35.4	53.4	4.8
Calcium.....	26.9	7.7	58.3	6.8
Iron.....	20.7	1.8	65.8	11.5
Vitamin C.....	27.5	4.1	64.5	3.7
Protein.....	8.9	10.7	76.9	3.4
Fat.....	8.7	45.0	42.7	3.4
Saturated fat.....	9.8	36.6	42.4	11.0
Cholesterol.....	8.2	30.5	51.4	9.6
Salt or Sodium.....	12.0	22.0	62.5	2.2
Fiber.....	30.4	2.3	63.0	4.0
Sugar and sweets.....	12.1	29.8	55.4	2.4
Women: (N = 979)				
Calories.....	5.9	42.5	49.5	† 1.6
Calcium.....	45.5	1.9	49.5	2.9
Iron.....	33.5	† 1.2	60.8	4.6
Vitamin C.....	32.0	1.9	63.4	2.7
Protein.....	13.0	11.4	73.0	2.5
Fat.....	4.5	49.2	45.0	† 1.3
Saturated fat.....	6.5	37.2	48.5	7.3
Cholesterol.....	4.3	28.6	60.4	6.7
Salt or Sodium.....	8.2	24.9	65.8	† .9
Fiber.....	33.6	2.7	60.5	3.1
Sugar and sweets.....	7.2	37.3	54.3	† 1.0

* Value less than 0.05 but greater than 0.

† See "Statistical notes," Appendix B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1995.

Table 14.--Perceived importance of dietary guidance, individuals 20 years of age and older, by sex, 1995

Dietary guidance	Not at all important	Not too important	Somewhat important	Very important
----- Percent -----				
Men: (N = 987)				
Use salt or sodium only in moderation.....	6.9	14.6	32.0	45.4
Choose a diet low in saturated fat.....	2.7	13.9	35.2	45.4
Choose a diet with plenty of fruits and vegetables.....	† 1.6	12.0	28.5	57.2
Use sugars only in moderation.....	2.7	14.8	38.0	43.1
Choose a diet with adequate fiber.....	2.4	13.8	38.1	42.7
Eat a variety of foods.....	† 1.2	10.8	35.8	51.2
Maintain a healthy weight.....	† 1.2	6.8	28.0	63.3
Choose a diet low in fat.....	2.0	13.5	35.0	48.0
Choose a diet low in cholesterol.....	2.8	13.7	32.7	48.3
Choose a diet with plenty of breads, cereals, rice and pasta.....	3.8	21.3	47.8	25.9
Eat at least two servings of dairy products daily.....	7.2	27.7	38.3	25.7
Women: (N = 979)				
Use salt or sodium only in moderation.....	5.1	10.6	28.3	55.1
Choose a diet low in saturated fat.....	2.7	7.4	29.0	57.9
Choose a diet with plenty of fruits and vegetables.....	† 4	3.2	17.6	78.4
Use sugars only in moderation.....	2.1	9.1	32.1	56.2
Choose a diet with adequate fiber.....	† 9	9.7	31.5	56.3
Eat a variety of foods.....	† 1.3	4.9	26.1	67.3
Maintain a healthy weight.....	† 1.1	3.2	19.1	76.3
Choose a diet low in fat.....	† 1.3	6.7	29.2	61.8
Choose a diet low in cholesterol.....	† 1.7	9.3	27.0	59.2
Choose a diet with plenty of breads, cereals, rice and pasta.....	6.2	19.2	41.2	32.5
Eat at least two servings of dairy products daily.....	4.4	20.1	32.1	42.8

† See "Statistical notes," Appendix B.

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1995.

APPENDIX A. COUNTS OF DAY 1 AND 2-DAY RESPONDENTS AND POPULATION PERCENTAGES , BY SEX AND AGE, 1995

Interpreting information in Appendix A--

- Appendix A shows unweighted counts of survey respondents in each sex-age group shown in the tables and the weighted percentages of the population (excluding 46 breast-fed children) that they represent. Weights are used to account for differential rates of selection and nonresponse, to calibrate the sample to match population characteristics known to be correlated with eating behavior, and to equalize intakes over the 4 quarters of the year and the 7 days of the week.
- Counts of respondents are shown separately for those who provided intake data for Day 1 and those who provided intake data for both Day 1 and Day 2. Slight differences in the weighted percentages of the population occur for each set of respondents because fewer sex-age groups were used in calculating the weighting factors than in reporting results and because of rounding.
- The statistics presented in this table set (tables 1 through 14) are based on the data from all appropriate respondents. Fasters, individuals reporting no foods or beverages consumed for the day, were included in the calculations for most tables. However, they were excluded from the calculations for table 4 because nonzero energy intakes are required from each person for the contribution to energy estimates and fasters are the only individuals reporting zero energy intake. Fasters were also excluded from the contribution to daily nutrient intake estimates presented in tables 6, 7, and 8 because the calculations required nonzero total nutrient intakes for each person. In 1995, two individuals reported no food or beverages for Day 1 -- a male age 46 and a female age 71. In addition, for tables 6, 7, and 8, individuals were excluded from the calculation for a specific nutrient if their total Day 1 intake for the nutrient was zero.
- Persons not reporting height or weight were excluded from table 11 because their Body Mass Index (BMI) could not be calculated.

Appendix A. Counts of Day 1 and 2-day respondents and population percentages, by sex and age, 1995

Sex and age (years)	Day 1 count (unweighted)	Day 1 percentage of population (weighted)	2-day count (unweighted)	2-day percentage of population (weighted)
		----- Percent -----		----- Percent -----
Males and females:				
Under 1.....	99	1.2	95	1.2
1-2.....	490	3.0	469	3.0
3-5.....	464	4.8	452	4.8
5 and under.....	1,053	8.9	1,016	9.0
Males:				
6-11.....	233	4.6	222	4.6
12-19.....	196	5.8	189	5.8
20-29.....	205	7.8	190	8.0
30-39.....	206	7.7	187	7.6
40-49.....	284	7.2	267	6.9
50-59.....	354	4.3	342	4.6
60-69.....	315	3.3	302	3.4
70 and over.....	339	3.4	316	3.4
20 and over.....	1,703	33.9	1,604	33.9
Females:				
6-11.....	245	4.4	230	4.4
12-19.....	208	5.6	201	5.6
20-29.....	171	7.0	157	7.0
30-39.....	240	8.8	227	8.7
40-49.....	266	6.6	261	6.6
50-59.....	329	5.4	318	5.5
60-69.....	301	4.1	288	4.1
70 and over.....	335	4.9	313	4.9
20 and over.....	1,642	36.8	1,564	36.8
All individuals.....	5,280	100.0	5,026	100.0

Excludes breast-fed children

SOURCE: USDA Continuing Survey of Food Intakes by Individuals, 1995.

APPENDIX B. STATISTICAL NOTES

Estimates based on small cell sizes may tend to be less statistically reliable than estimates based on larger cell sizes. Cell size refers to the unweighted number of individuals in a given sex-age group or demographic group (see appendix A). The guidelines (listed below) for determining when a cell size is small take into account the average design effect for the survey. The design effect results from the complex sample design and from the procedures used to weight the data. When the design effect is 1.00, its effect on accuracy is negligible; a larger design effect implies a greater effect on variance. The guidelines derive from a policy statement (FASEB/LSRO 1995) that specifies the use of a broadly calculated average design effect. In that role we are using a variance inflation factor (see data set documentation section 4.6, "Summary of Final Weights," for the definition of the variance inflation factor). Variance inflation factors for the survey data sets used to generate these tables are as follows:

CSFII Day 1	1.52
CSFII 2-day	1.77
DHKS Day 1	2.06

Daggers are used in the tables to flag estimates that may tend to be less statistically reliable than those that are not flagged. The rules used for flagging estimates are listed below, and tables to which each rule applies are identified.

1. An estimated mean is flagged when it is based on a cell size of less than 30 times the average design effect or when its coefficient of variation (CV) is equal to or greater than 30 percent. The CV is the ratio of the estimated standard error of the mean to the estimated mean, expressed as a percentage.

Rule 1 has been applied to data in tables 1, 2, 4, 6, 7, 8, and 9 to flag estimates that should be used with caution. It applies to mean nutrient intakes, mean food intakes, and means expressed as percentages, such as mean intakes of nutrients expressed as a percentages of Recommended Dietary Allowances and percentages of nutrients from foods eaten as snacks.

2. An estimated proportion (percent) that falls above 25 percent and below 75 percent is flagged when it is based on a cell size of less than 30 times the average design effect or when the CV is equal to or greater than 30 percent.
3. An estimated proportion of 25 percent or lower or 75 percent or higher is flagged when the smaller of np and $n(1-p)$ is less than 8 times the average design effect, where "n" is the cell size on which the estimate is based and "p" is the proportion expressed as a fraction.

Rules 2 and 3 have been applied to data in tables 3, 5, 10, 11, 12, 13, and 14 and to the second column of tables 6, 7, and 8 to flag estimates that should be used with caution.

REFERENCE

Federation of American Societies for Experimental Biology, Life Sciences Research Office. 1995. Third Report on Nutrition Monitoring in the United States: Volume 1. Prepared for the Interagency Board for Nutrition Monitoring and Related Research. U.S. Government Printing Office, Washington, DC, pages III-1 to III-10.

APPENDIX C. TABLE NOTES

Table 1. -- Nutrient Intakes: Mean amount consumed per individual, by sex and age, 1 day, 1995

- The estimated nutrient intakes presented in the tables are weighted arithmetic means (averages) for the group of individuals identified in the stub. For each nutrient or dietary component identified in the column head, intakes for each individual at all eating occasions were totaled, and a weighted group mean was calculated. The nutrient intakes presented in the tables do not include nutrients from vitamin and mineral supplements or plain drinking water. Although data were collected on the frequency and type of vitamin and mineral supplements used, amounts were not obtained. Also, the sodium intake does not include sodium from salt added at the table.

Table 2. -- Nutrient Intakes: Mean intakes as percentages of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 1 day, 1995

- "The RDAs provide a safety factor appropriate to each nutrient and exceed the actual requirements of most individuals" (Food and Nutrition Board 1989, p. 2). "If a group average intake approximates that of the ... group RDA, some persons within the group are consuming less than the RDA and others more. Except for energy, in which the average requirement of the population group is recommended, the RDAs are intended to be sufficiently generous to encompass the presumed ... variability in requirement among people. Thus, if a population's habitual intake approximates or exceeds the RDA, the probability of deficiency is quite low" (Food and Nutrition Board 1989, p. 21). However, the farther average intakes fall below RDAs, the greater the likelihood that some people have inadequate intakes.

Table 3. -- Nutrient Intakes: Percentage of individuals meeting 100 percent of the 1989 Recommended Dietary Allowances (RDAs), by sex and age, 2-day average, 1995

- "The RDAs provide a safety factor appropriate to each nutrient, and exceed the actual requirements of most individuals" (Food and Nutrition Board 1989, p. 2). Thus, individuals with intakes below the RDA do not necessarily have inadequate intakes. However, as the percentage of the population with intakes below 100 percent of a given RDA increases, so does the likelihood that some individuals in the population are at nutritional risk.

Table 4. -- Nutrient Intakes: Mean percentages of calories from protein, fat, carbohydrate, and alcohol, by sex and age, 1 day, 1995

- The percentage contributions of protein, fat, fatty acids, carbohydrate, and alcohol to food energy intake were calculated by multiplying each individual's intake of protein by 4 kilocalories per gram, fat and fatty acids by 9 kilocalories per gram, carbohydrate by 4 kilocalories per gram, and alcohol by 7 kilocalories per gram. These values were divided by the individual's total food energy intake and multiplied by 100 to obtain the percentage of an individual's total food energy intake provided by each nutrient. Individual percentages were totaled and divided by the number of individuals in the group to obtain the mean percentage per individual for that group. The general factors 4, 9, 4, and 7 give estimates for a typical mixed diet and thus are not appropriate for use with diets of infants (Merrill and Watt 1973). Fasters, individuals reporting no foods or beverages consumed for Day 1, were excluded from the calculations.

Table 5. -- Nutrient Intakes: Percentages of individuals meeting recommendations for total fat, saturated fat, and cholesterol, by sex and age, 2-day average, 1995

- The 1995 *Dietary Guidelines for Americans* (USDA and USDHHS 1995) recommend that people 2 years and older choose a diet with no more than 30 percent of calories from total fat, less than 10 percent of calories from saturated fat, and no more than 300 milligrams per day of cholesterol. In addition, the National Health Promotion and Disease Prevention Objectives for the year 2000 establish a goal of increasing to at least 50 percent the proportion of people aged 2 and older who meet the average daily goals of no more than 30 percent of calories from fat and less than 10 percent of calories from saturated fat (USDHHS/PHS 1995).

Table 6. -- Breakfast: Mean percentages of nutrient intake contributed by food eaten at breakfast, by sex and age, 1 day, 1995

- Each separate time a respondent ate and/or drank was considered to be an "eating occasion." Eating occasions identified by the respondent as "breakfast" are included here.
- An individual's intake of each nutrient from breakfast was divided by the individual's total intake of that nutrient, then multiplied by 100 to determine the percentage of the individual's intake provided by breakfast. Individuals' percentages were totaled and divided by the number of individuals in the group to obtain the mean percentage for the group. If breakfast contributed zero percent of an individual's intake of a nutrient, zero percent was included in calculating the group mean. Individuals were excluded from the calculation for a specific nutrient if their total Day 1 intake for that nutrient was zero.

Table 7. -- Snacks: Mean percentages of nutrient intake contributed by food eaten at snacks (including beverage breaks), by sex and age, 1 day, 1995

- Each separate time a respondent ate and/or drank was considered to be an “eating occasion.” The specific wording of the question on which this table is based is: *Looking at this card, please tell me what you would call this occasion?* The answer card shown to the respondent listed the following categories:

breakfast
brunch
lunch
dinner
supper
food and/or beverage break
snack
alcoholic beverage
other beverage
feeding (infant only)
other (specify)

In this table, "snack" refers to any eating occasion designated by the respondent as a food and/or beverage break, including snacks, alcoholic beverages, and other beverage subcategories.

- An individual's intake of each nutrient from snacks was divided by the individual's total intake of that nutrient, then multiplied by 100 to determine the percentage of the individual's intake provided by snacks. Individuals' percentages were totaled and divided by the number of individuals in the group to obtain the mean percentage for the group. If snacks contributed zero percent of an individual's intake of a nutrient, zero percent was included in calculating the group mean. Individuals were excluded from the calculation for a specific nutrient if their total Day 1 intake for that nutrient was zero.

Table 8. -- Food away from home: Mean percentages of nutrient intake contributed by foods obtained and eaten away from home, by sex and age, 1 day, 1995

- An individual's intake of each nutrient from foods obtained and eaten away from home was divided by the individual's total intake of that nutrient, then multiplied by 100 to determine the percentage of the individual's intake provided by such foods. Individuals' percentages were totaled and divided by the number of individuals in the group to obtain the mean percentage for the group. If foods obtained and eaten away from home contributed zero percent of an individual's intake of a nutrient, zero percent was included in calculating the group mean. Individuals were excluded from the calculation for a specific nutrient if their total Day 1 intake for that nutrient was zero. Excluded are prepared foods obtained away and taken home to be eaten and foods taken from home to eat elsewhere.

Table 9.1 -- Food Intakes: Mean quantities (in grams) consumed per individual, by sex and age, 1 day, 1995
to
Table 9.7

- Appendix D lists foods in each food group shown in these tables.
- Quantities exclude inedible parts of foods (such as bones, rinds, and seeds).
- Ingredients in mixed dishes are tabulated with the food group of the primary ingredient. For example, cheese in pizza is tabulated under "Grain Products" in the subgroup "mixtures mainly grain." In 1989-91, foods tabulated as "mixtures mainly grain" were about 31 percent grain products, 24 percent vegetables, 13 percent milk and milk products, 8 percent meat, poultry, and fish, and 16 percent water by weight, and foods tabulated as "mixtures mainly meat, poultry, fish" were about 13 percent grain products, 28 percent vegetables, 6 percent milk and milk products, 36 percent meat, poultry, and fish, and 11 percent water by weight (Tippett et al. 1995).
- One ounce (by weight) is equal to 28.35 grams.
- Food group quantities represent average intakes of consumers (users of that food group) and nonconsumers on the survey day. Quantities for consumers alone can be calculated by dividing the average intake of a food group (tables 9.1 to 9.7) by the percentage of individuals using foods from that group (tables 10.1 to 10.7) expressed as a decimal.

Table 10.1 -- Food Intakes: Percentages of individuals consuming foods from various food groups, by sex and age, 1 day, 1995
to
Table 10.7

- Appendix D lists foods in each food group shown in these tables.

Table 11. -- Weight Status: Percentages of overweight individuals 20 years of age and older in the United States, by sex and age, 1995

- For people aged 20 and older, national nutrition objectives for the Year 2000 define overweight as a body mass index (BMI) equal to or greater than 27.8 for men and 27.3 for women (excluding pregnant women) (USDHHS/PHS 1991). BMI is calculated by dividing weight in kilograms by the square of height in meters.
- BMIs in this table are based on self-reported heights and weights. Persons not reporting height or weight were excluded from the estimates in the table.

Table 12. -- Physical Activity: Frequency of vigorous exercise among individuals 20 years of age and older, by sex and age, 1995

- Vigorous exercise is defined as "enough to work up a sweat." Respondents were asked: *How often do you exercise vigorously enough to work up a sweat?*

Table 13. -- Perceived Diet Quality: Self-assessment of nutrient intake among individuals 20 years of age and older, by sex, 1995

- Respondents were asked: *Compared to what is healthy, do you think your diet is too low, too high, or about right in (NUTRIENT/FOOD COMPONENT)?*

The question covers the following nutrients and food components: calories, calcium, iron, vitamin C, protein, fat, saturated fat, cholesterol, salt or sodium, fiber, and sugar and sweets.

Table 14. -- Perceived Importance of Dietary Guidance, individuals 20 years of age and older, by sex, 1995

- Respondents were asked: *To you personally, is it very important, somewhat important, not too important, or not at all important to (DIETARY GUIDANCE STATEMENT)?*

The dietary guidance statements listed in the stub of table 14 are based on the *Dietary Guidelines for Americans* (USDA and USDHHS 1995).

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APPENDIX D. DESCRIPTIONS OF FOOD GROUPS USED IN TABLES 9.1 TO 9.7 AND 10.1 TO 10.7

GRAIN PRODUCTS

Total grain products: Includes yeast breads, rolls, cereals, pastas, quick breads, pancakes, French toast, cakes, cookies, pastries, pies, crackers, popcorn, pretzels, corn chips, and mixtures having a grain product as a main ingredient. Excludes grain products that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, noodles in tuna-noodle casserole are tabulated under Meat, Poultry, and Fish. Also, the bread in a cheese sandwich is coded as a single item and is tabulated under Milk and Milk Products.

Yeast breads and rolls: Includes white, whole-wheat, "wheat," cracked-wheat, rye, pumpernickel, oatmeal, multigrain, and other yeast breads and rolls (excluding sweet rolls), bread stuffing, English muffins, bagels, and croutons.

Total cereals, rice, pasta: Includes macaroni, noodles, spaghetti, grits, oatmeal, rice, other cooked cereal grains, unsweetened and sweetened ready-to-eat cereals, baby food cereals, and mixtures of baby cereal and fruit.

Ready-to-eat cereals: Includes unsweetened and sweetened ready-to-eat cereals.

Rice: Includes white, brown, and wild rice.

Pasta: Includes macaroni, noodles, and spaghetti.

Quick breads, pancakes, French toast: Includes biscuits, cornbread, tortillas, muffins, other quick breads, pancakes, waffles, and French toast. Excludes quick-bread-type coffee cakes.

Cakes, cookies, pastries, pies: Includes yeast-type sweet rolls, yeast- and crumb- or quick-bread-type coffee cakes, croissants, cakes, cookies, pies, cobblers, turnovers, danish pastries, doughnuts, breakfast bars and tarts, granola bars, and sweet crackers.

Crackers, popcorn, pretzels, corn chips: Includes nonsweet crackers; grain-based salted and unsalted snacks such as corn chips and tortilla chips, popcorn, and pretzels. Excludes potato chips, which are tabulated under Vegetables, "white potatoes."

Mixtures mainly grain: Includes mixtures having a grain product as a main ingredient, such as burritos, tacos, pizza, egg rolls, quiche, spaghetti with sauce, rice and pasta mixtures; frozen meals in which the main course is a grain mixture; noodle and rice soups; and baby-food macaroni and spaghetti mixtures.

VEGETABLES

Total vegetables: Includes white potatoes, dark-green and deep-yellow vegetables, tomatoes, lettuce, green beans, corn, green peas, lima beans, other vegetables; mixtures having vegetables as a main ingredient; and vegetable juices. Excludes vegetables that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, potatoes or tomatoes in beef stew are coded under Meat, Poultry, and Fish.

White potatoes: Includes baked, boiled, mashed, scalloped, and fried potatoes; potato chips; and mixtures having potatoes as a main ingredient, such as potato salad, stuffed baked potatoes, and potato soup.

Fried potatoes: Includes french fried, deep fried, hash brown, and home-fried potatoes; potato skins; and potato chips.

Dark-green vegetables: Includes raw and cooked broccoli and dark-green leafy vegetables such as romaine, collards, mustard and turnip greens, kale, and spinach; mixtures having dark-green vegetables as a main ingredient, such as broccoli with cheese sauce; and baby-food spinach.

Deep-yellow vegetables: Includes raw and cooked deep-yellow or orange vegetables such as carrots, pumpkin, winter squash, and sweet potatoes; mixtures having deep-yellow vegetables as a main ingredient, such as peas and carrots and sweetpotato casserole; and baby-food carrots, squash, and sweetpotatoes.

Tomatoes: Includes raw and cooked tomatoes; tomato juice; catsup, chili sauce, salsa, and other tomato sauces; and mixtures having tomatoes as a main ingredient, such as tomato-based soups and tomato and corn coded as a single item.

Lettuce, lettuce-based salads: Includes lettuce and mixed salad greens; lettuce salad with assorted vegetables, cheese, or egg; and other lettuce-based salads.

Green beans: Includes raw or cooked green and yellow beans; mixtures having beans as a main ingredient such as beans with tomatoes or onions, bean salad, and beans with cream or mushroom sauce; and baby-food green beans.

Corn, green peas, lima beans: Includes raw or cooked green peas; cooked corn and lima beans; mixtures having corn, green peas, or lima beans as a main ingredient such as creamed corn, corn pudding, peas and onions, or pea soup; and baby-food corn and green peas. Excludes dry lima beans, which are tabulated under Legumes.

Other vegetables: Includes raw and cooked vegetables other than the following: white potatoes, dark-green and deep-yellow vegetables, tomatoes, lettuce, green beans, corn, peas, and lima beans and their mixtures. Includes vegetable soups; pickles, olives, and relishes; mixtures having "other" vegetables as a main ingredient; baby-food vegetables and baby-food vegetable mixtures with meat.

FRUITS

Total fruits: Includes citrus fruits and juices, dried fruits, and other fruits; mixtures having fruit as a main ingredient; and fruit juices. Excludes fruits that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, apples in apple pie are tabulated under Grain Products.

Total citrus fruits and juices: Includes oranges and other citrus fruits, mixtures of orange juice and other citrus juices, and baby-food citrus juices. Excludes citrus fruit drinks and ades such as lemonade, which are tabulated under Beverages.

Citrus juices: Includes fresh, frozen, canned, or bottled grapefruit, lemon, lime, orange, and other citrus juices, either sweetened or unsweetened; mixtures of citrus juices such as grapefruit and orange juice; and baby-food citrus juices. Excludes mixtures of citrus juices with noncitrus juices, which are tabulated under "noncitrus juices and nectars."

Dried fruits: Includes dried apples, apricots, dates, prunes, raisins, and other dried fruits. Excludes juices such as prune juice, which are tabulated under "other fruits, mixtures, and juices."

Total other fruits, mixtures, juices: Includes raw, frozen, cooked, and canned apples, bananas, melons, berries, and other fruits except citrus and dried fruit; mixtures that are mainly noncitrus fruit; noncitrus juices (including prune juice) and nectars; mixtures of citrus and noncitrus juices; and baby-food noncitrus fruits and juices, fruits with tapioca, and fruit desserts. Excludes fruit drinks and ades, which are tabulated under beverages. Excludes frozen fruit juice bars and sorbets, which are tabulated under Sugars and Sweets, "total."

Apples: Includes raw and cooked apples, applesauce, and baby-food applesauce.

Bananas: Includes raw and cooked bananas and baby-food bananas. Excludes the starchy vegetables called plantains or "green bananas," which are tabulated under Vegetables, "other."

Melons and berries: Includes cantaloupe, honeydew melon, watermelon, blueberries, blackberries, raspberries, strawberries, and cranberries.

Other fruits and mixtures: Includes fruits other than citrus fruits, dried fruit, apples, bananas, melons, and berries; mixtures of noncitrus fruits and mixtures that are mainly noncitrus fruits coded as a single item such as fruit salad with salad dressing, marshmallow, or pudding; and baby-food noncitrus fruits and mixtures having fruit as a main ingredient.

Noncitrus juices and nectars: Includes fruit juices, nectars, and baby-food juices other than citrus; and mixtures of citrus juices with noncitrus juices. Excludes fruit drinks and ades, which are tabulated under Beverages.

MILK AND MILK PRODUCTS

Total milk and milk products: Includes milk and milk drinks, yogurt, milk desserts, and cheese. Fluid and whipped cream, half-and-half, sour cream, and milk sauces and gravies are included in this total but not in any of the following subgroups. Excludes butter and nondairy sweet cream and sour cream substitutes, which are tabulated under Fats and Oils. Excludes milk and milk products that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, cheese on pizza is tabulated under Grain Products.

Total milk, milk drinks, yogurt: Includes fluid milk and yogurt. Flavored milk and milk drinks, meal replacements with milk, milk-based infant formulas, and unreconstituted dry milk and powdered mixtures are included in this total but not in any of the following subgroups.

Total fluid milk: Includes fluid whole, lowfat, skim, and acidophilus milk; buttermilk; reconstituted dry milk; evaporated milk; and sweetened condensed milk.

Whole milk: Includes whole fluid milk, low-sodium whole milk, and reconstituted whole dry milk.

Lowfat milk: Includes lowfat (1 and 2 percent) milk, buttermilk (lowfat), acidophilus milk, lowfat lactose-reduced fluid milk, and reconstituted lowfat dry milk.

Skim milk: Includes skim or nonfat fluid milk, buttermilk (nonfat), lactose-reduced fluid nonfat milk, and reconstituted nonfat dry milk.

Yogurt: Includes plain, flavored, and fruit-variety yogurt. Excludes frozen yogurt, which is tabulated under "milk desserts."

Milk desserts: Includes ice cream, imitation ice cream, ice milk, sherbet, frozen yogurt, and other desserts made with milk, such as pudding, custard, and baby-food pudding.

Cheese: Includes natural hard and soft cheeses, cottage cheese, cream cheese, processed cheese and spreads, imitation cheeses, and mixtures having cheese as a main ingredient, such as cheese dips and cheese sandwiches coded as a single item.

MEAT, POULTRY, AND FISH

Total meat, poultry, and fish: Includes beef, pork, lamb, veal, game, organ meats, frankfurters, sausages, luncheon meats, poultry, fish, shellfish, and mixtures having meat, poultry, or fish as a main ingredient. Excludes meat, poultry, and fish that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, pepperoni on pizza is tabulated under Grain Products. Meat gravies and unflavored gelatin are included in this total but not in any of the following subgroups.

Beef: Includes all cuts (including ground), corned beef, beef bacon, pastrami, and baby-food beef. Excludes organ meats, frankfurters, sausages, and luncheon meats.

Pork: Includes all cuts (including ground); pickled, smoked, and cured pork; ham; pork roll; bacon; salt pork; pig's feet; and pork rinds. Excludes organ meats and frankfurters, sausages, and luncheon meats.

Lamb, veal, game: Includes lamb, veal, goat, venison, and other game. Excludes organ meats, frankfurters, sausages, and luncheon meats.

Organ meats: Includes liver, tripe, gizzards, and other organ meats.

Frankfurters, sausages, luncheon meats: Includes frankfurters, sausages, and luncheon meats made from beef, pork, ham, veal, game (deer bologna), chicken, and turkey; and baby-food meat sticks.

Total poultry: Includes chicken, turkey, duck, cornish game hen, and baby-food chicken and turkey. Excludes organ meats (giblets), frankfurters, sausages, and luncheon meats.

Chicken: Includes only chicken. Excludes organ meats (giblets).

Fish and shellfish: Includes finfish; shellfish, such as clams, crabs, lobster, oysters, scallops, and shrimp; and other seafood.

Mixtures mainly meat, poultry, fish: Includes mixtures having meat, poultry, or fish as a main ingredient, such as chicken cacciatore; beef loaf; chili con carne; venison stew; hash; tuna salad; corn dog; chicken soup; frozen meals in which the main course is a meat, poultry, or fish item; meat, poultry, or fish sandwiches coded as a single item (for example, cheeseburger on a bun); and baby-food meat and poultry mixtures.

EGGS; LEGUMES; NUTS AND SEEDS; FATS AND OILS; SUGARS AND SWEETS

Eggs: Includes whole eggs; egg whites; egg yolks; egg substitutes; and mixtures having egg as a main ingredient, such as omelets, egg salad, or egg sandwiches coded as a single item. Excludes eggs that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, eggs in baked goods are tabulated under Grain Products.

Legumes: Includes cooked dry beans, peas, and lentils; mixtures having legumes as a main ingredient, such as baked beans or lentil soup; soybean-derived products, such as soy-based baby formulas, tofu, soy sauce, and soy-based meal replacements; and meat substitutes that are mainly vegetable protein. Excludes peanuts, which are tabulated under Nuts and Seeds. Excludes legumes that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, beans in tacos are tabulated under Grain Products.

Nuts and seeds: Includes unroasted, roasted, and honey-roasted nuts and peanuts; coconut; peanut butter; peanut butter sandwiches coded as a single item; nut mixtures; and unroasted and roasted seeds. Excludes chocolate-covered nuts, which are tabulated under Sugars and Sweets, "candy." Excludes nuts and seeds that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, nuts in baked goods are tabulated under Grain Products.

Total fats and oils: Includes table fats; cooking fats; vegetable oils; salad dressings; nondairy cream substitutes; and tartar sauce and other sauces that are mainly fat or oil. Excludes fats and oils that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, fats or oils used to fry chicken are tabulated under Meat, Poultry, or Fish. Also, mayonnaise in cole slaw is tabulated under Vegetables.

Table fats: Includes butter, margarine, imitation margarine, margarine-like spreads, blends of butter with margarine or vegetable oil, and butter replacements.

Salad dressings: Includes regular and reduced- and low-calorie salad dressings and mayonnaise.

Total sugars and sweets: Includes sugar, sugar substitutes, syrups, honey, sweet toppings, frostings, sweet sauces, jellies, jams, preserves, fruit butters, marmalades, gelatin desserts, ices, fruit bars, popsicles, candy (including dietetic sweets), and chewing gum. Excludes sugars that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, sugar in baked goods is tabulated under Grain Products. Also, sugar in carbonated soft drinks is tabulated under Beverages.

Sugars: Includes white sugar, brown sugar, saccharin, aspartame, and other sugar substitutes.

Candy: Includes all types of candy (including dietetic sweets), chocolate-covered nuts, chocolate chips, fruit leather, and chewing gum.

BEVERAGES

Total beverages: Includes alcoholic and nonalcoholic beverages. Excludes tap water and noncarbonated bottled water. Excludes beverages that were ingredients in food mixtures coded as a single item and tabulated under another food group. For example, wine in beef burgundy is tabulated under Meat, Poultry, and Fish.

Total alcoholic beverages: Includes wine, beer, ale, liqueurs, cocktails, other mixed drinks, and distilled liquors.

Wine: Includes wine; light wine; and mixtures made with wine, such as wine coolers. Excludes nonalcoholic wine, which is tabulated under "nonalcoholic beverages."

Beer and ale: Includes beer, ale, and light ("lite") beer. Excludes "near beer," which is tabulated under "nonalcoholic beverages."

Total nonalcoholic beverages: Includes coffee, tea, fruit drinks and ades, and soft drinks. "Near beer" is included under this total but not in any of the following subgroups.

Coffee: Includes decaffeinated and regular coffee made from ground or instant coffee, coffee mixes, and coffee substitutes.

Tea: Includes decaffeinated and regular tea obtained ready to drink or made from leaves or from instant tea mixes with or without lemon, sugar, or artificial sweetener; and herb and other teas.

Total fruit drinks and ades: Includes regular and low-calorie fruit drinks, punches, and ades, including those made from powdered mix and frozen concentrate. Excludes fruit juices, which are tabulated under Fruits, and carbonated fruit drinks, which are tabulated under "carbonated soft drinks."

Regular fruit drinks and ades: Includes all fruit drinks, punches, and ades except low-calorie and low-sugar types.

Low-calorie fruit drinks and ades: Includes low-calorie and low-sugar fruit drinks, punches, and ades.

Total carbonated soft drinks: Includes regular and low-calorie carbonated soft drinks, such as colas, fruit-flavored and cream sodas, ginger ale, root beer, and carbonated soft drinks containing fruit juice; carbonated fruit juice drinks; and sweetened and unsweetened carbonated water. Soft drinks not specified as either regular or low calorie are tabulated here but not in either of the following categories.

Regular carbonated soft drinks: Includes all carbonated soft drinks except unsweetened and sugar-free types.

Low-calorie carbonated soft drinks: Includes unsweetened and sugar-free carbonated soft drinks, and unsweetened carbonated water.